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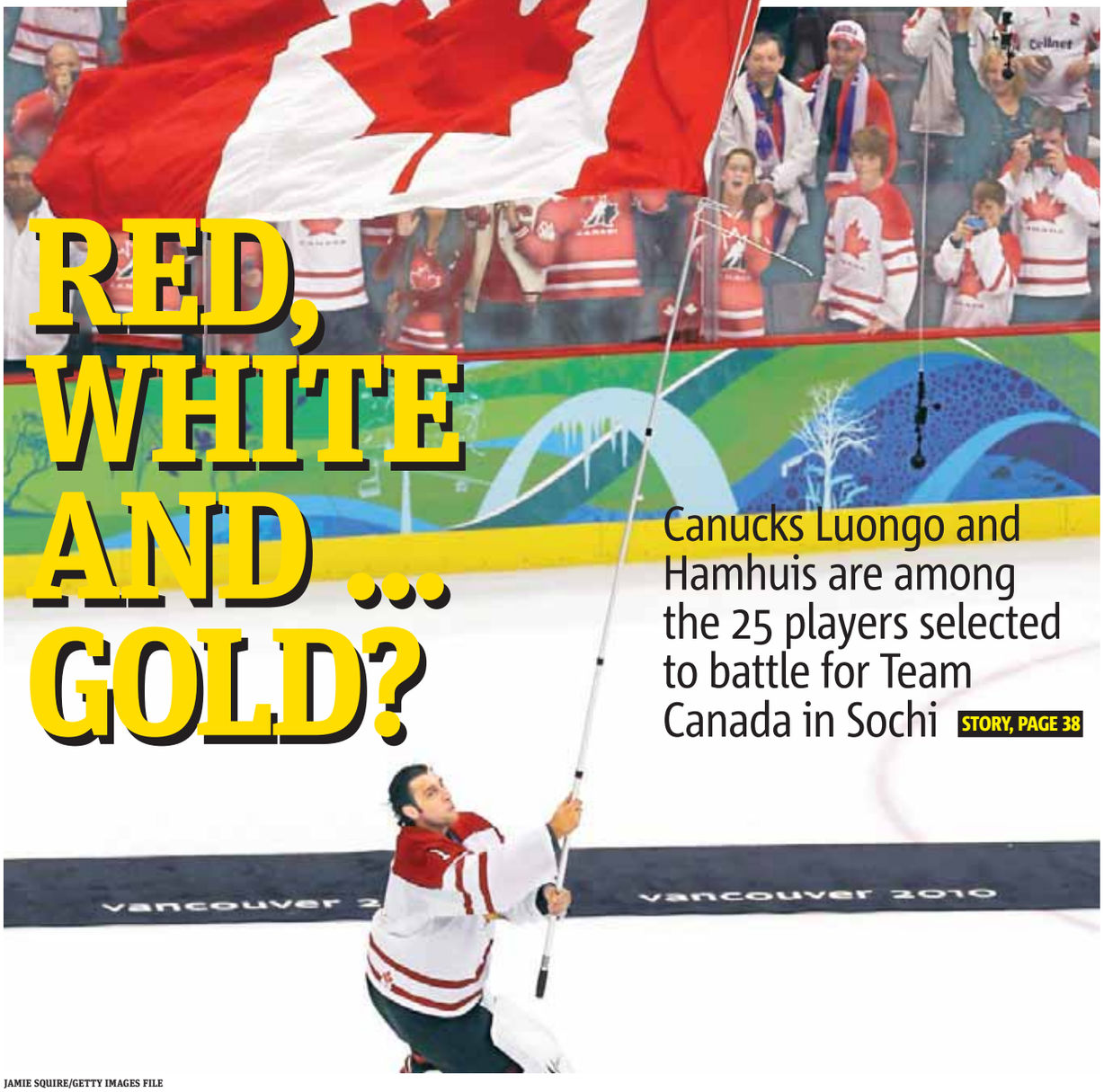

RED, WHITE AND ... GOLD?

Canucks Luongo and Hamhuis are among the 25 players selected to battle for Team Canada in Sochi STORY, PAGE 38

JAMIE SQUIRE/GETTY IMAGES FILE

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Sand isn't just for your icy walkway

Metro breaks down eight of the best sandy beaches in the West PAGE 31

I keep clicking on headlines, but nothing ...

That's because this is a newspaper, which you may have forgotten with your digital fixation PAGE 8

Polar vortex takes U.S. by surprise

Sub-Antarctic temperatures, power outages grip parts of country ill-prepared for such harsh cold PAGE 10

Break-out role amid all-star cast

Julianne Nicholson stars in August: Osage County with the likes of Meryl Streep, Julia Roberts and Ewan McGregor PAGE 15

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Suicidal flight

RCMP partly to blame for lethal crash in 2008, judge rules

A head-on crash that killed two people in August 2008 would not have happened if RCMP had not chased after a driver bent on killing himself, a B.C. Supreme Court judge has ruled.

Gerald Guliker and Viktor Bergen died after Guliker drove his car into Bergen's in the Fraser Valley community of Agassiz, east of Vancouver. Bergen's wife, three-year-old daughter and two friends survived the crash.

Inna Bergen and the two friends then filed lawsuits against Guliker and B.C.'s Justice Ministry, alleging RCMP negligence caused the collision.

The civil trial heard that RCMP knew at the time that Guliker was suicidal, that he planned to kill himself by running into traffic and that he was a flight risk.

A group of Mounties had initially planned to close in on Guliker, who was parked at a local farm. But when Guliker saw the officers, he took off in a vehicle.

Justice John Savage said in a decision released Tuesday that even though Guliker was 80 per cent to blame for the collision, the RCMP officers involved were also liable.

"In my opinion, but for the RCMP's chase or pursuit of Mr. Guliker, the collision would not have occurred," Savage wrote.

THE CANADIAN PRESS

Police investigate an afternoon shooting at the Cactus Club across from Metrotown in Burnaby on Tuesday. SINDHU DHARMARAJAH/FOR METRO

Cactus Club shooting appears targeted: RCMP

Burnaby. Man suffers non-life-threatening injuries after shooter opens fire in restaurant

Mounties are searching for a suspect in a brazen lunchtime shooting at a Burnaby Cactus Club on Tuesday.

The sole victim, a man in his 30s, was eating with several other men when he was shot an unspecified number of times just before 2 p.m., Burnaby RCMP Insp. Steve Wade told reporters, near the restaurant across from Metrotown.

The victim was taken to hospital with non-life-threatening injuries.

The shooting appears to be targeted, but it's too early to say whether it was gang-related, Wade said.

The perpetrator fled on foot and remained at large Tuesday evening. No weapons were recovered from the scene.

No bystanders were injured in the gunfire, as the restaurant "didn't appear to be really crowded," Wade said.

Know anything?

Anyone with any information is asked to call Burnaby RCMP serious crimes unit at 604-294-7922 or Crime Stoppers at 1-800-222-8477.

A section of the Kingsway was closed as investigators from the Burnaby RCMP serious crimes unit, the Lower Mainland police dog squad and the forensic team spoke to witnesses and surveyed the area.

Jean Fre, who lives behind the Cactus Club, was blocked from her home for hours by police tape that cordoned the scene.

Fre was surprised the shooting occurred so close to home.

"I've lived here for almost 30 years and I've never seen anything," she said. "Only accidents of cars, that's all."

The Cactus Club, a popular chain that started in Vancouver before expanding across the country, is working with the RCMP, spokeswoman Christy Murphy said.

EMILY JACKSON AND SINDHU DHARMARAJAH/METRO

No charges for protesters at Harper Q&A

Protesters, viewed through a media bus, wait to greet Stephen Harper at Brentwood College School in Mill Bay on Tuesday. CHAD HIPOLITO/THE CANADIAN PRESS

Two climate-change protesters who disguised themselves as catering staff to climb onto a stage next to Prime Minister Stephen Harper at a Vancouver event won't be facing charges, city police confirmed Tuesday.

The activists — who have identified themselves as Sean Devlin and Shireen Soofi — orchestrated the brief protest on Monday at a downtown hotel, where Harper was fielding questions at an event hosted by the Vancouver Board of Trade.

Devlin and Soofi walked onto the stage holding signs attacking the Conservative's record on climate change before they were swiftly removed and arrested.

Reasoning

"It was determined that it wasn't in the public's best interest."

Vancouver police Sgt. Randy Fincham

They were released a short time later, but the incident immediately raised questions about how a pair of activists could get that close to Harper despite the presence of his personal RCMP security detail.

Vancouver police Sgt. Randy Fincham said that, after consulting with the RCMP and Crown prosecutors, investigators have declined to recommend charges.

Devlin said when he was released by the police, he didn't believe he would face charges, but he hadn't yet received official confirmation until Tuesday.

"I'm certainly happy to hear there aren't going to be any charges," Devlin said.

The Prime Minister's Office and the RCMP have each declined to discuss what happened, but the Mounties are reviewing the incident.

THE CANADIAN PRESS

Funding. Feds pledge $2.5 million for South Vancouver seniors centre

When seniors in South Vancouver started lobbying for a space at the Killarney Community Centre, you can bet they had fewer grey hairs.

But after more than a decade of waiting for the municipal, provincial and federal governments to decide how to pay for a seniors centre in the underserved community, the federal government finally announced Tuesday it will invest $2.5 million in the planned $7.5-million project.

"Seniors, who have given so much to our country, deserve a top-notch facility," Vancouver South MP Wai Young said in a statement.

The facility will be an accessible space for recreation and socialization, she added.

But the 10,000-square-foot facility is not a done deal yet.

While the city has promised land, $2.5 million and to pay for future operating costs, the province has only shelled out $1.3 million.

The centre won't get built until the province hands over another $1.2 million, Vancouver city councillor Raymond Louie said.

"The only other option at this point in time would be to value engineer the project down to a smaller size," Louie said. "We've heard very clearly from the community they do not want that."

The city is pleased the federal government decided to provide the funding after council passed a motion asking it for financial help two months ago.

Louie looks forward to working with the province, adding that MLA Suzanne Anton indicated in a December meeting she would continue to work to secure the funding.

In the meantime, seniors are celebrating.

"We've been waiting for a long time for this," Killarney Community Centre association president Ainslie Kwan said. "Everybody is really happy."

The association, which is in a legal battle with the park board, has earmarked $500,000 in savings to help operate the centre.

EMILY JACKSON/METRO

Beware. Police warn the public after sex assault on downtown street

Police are warning the public after a woman was tackled and sexually assaulted in downtown Vancouver Sunday night.

The 30-year-old woman was walking toward the bridge on Burrard Street near Davie when she was pushed to the ground and assaulted.

She defended herself by biting the attacker, who subsequently fled eastbound on Davie Street.

The attacker is described as a slender, five-foot-four Asian man in his 30s with short black hair. He wore a dark shirt and light-coloured jeans and carried a bright yellow backpack.

Anyone with information about the attack is asked to call police at 604-717-0602 or Crime Stoppers at 1-800-222-8477.

EMILY JACKSON/METRO

Independent panel

Plans to build terminal at port to be reviewed

Federal Environment Minister Leona Aglukkaq says an independent panel will review plans to build a major shipping-container terminal at a port south of Vancouver. Port Metro Vancouver wants to build a three-berth, marine-container facility that can handle an additional 2.4 million units every year at Roberts Bank in Delta.

THE CANADIAN PRESS

Disappearance

No sign of foul play in man's death

The BC Coroners Service says there is no indication of foul play in the death of a man whose body has been found more than two years after he disappeared.

A special identification unit with the coroners service has confirmed the remains of a man pulled from the waters off Yaletown district on New Year's Eve are those of Matthew Huszar, 25.

THE CANADIAN PRESS

Walter, a rescued sea otter, floats around his new home at the Vancouver Aquarium on Tuesday. SINDHU DHARMARAJAH/FOR METRO

Blind sea otter moves into city aquarium

New home. Walter was rescued in October but deemed unable to be released into the wild

SINDHU DHARMARAJAH
vancouver@metronews.ca

A sea otter that was blinded by a shotgun blast off Vancouver Island moved into the Vancouver Aquarium to receive long-term care on Tuesday.

The otter, named Walter, was rescued in October after reports from the public about an uncharacteristically approachable sea otter on the shoreline of Tofino.

He was brought to the Vancouver Aquarium's Marine Mammal Rescue Centre days or possibly weeks after his initial injuries, said Dr. Martin Haulena.

The injuries were clearly from a shotgun.

"I couldn't be happier," Haulena said. "You have to understand, when this guy arrived it was pretty hard to see him. He was in really, really poor shape, super skinny and he couldn't move at all. We've been through some big ups and downs. And there definitely times when we thought we were losing him and he'd fight back."

The Marine Mammal Rescue Centre is the only facility in Canada that rehabilitates sea otters.

The veterinary team performed multiple surgeries on Walter for his flipper and dental injuries but were unable to save his eyesight. Fisheries and Oceans Canada deemed Walter non-releasable into the wild.

Although his health stabilized six weeks ago, the animal still has issues to deal with, including his liver.

"To have him to this stage is tremendous," Haulena said. "Is he out of the woods? No. But I think he's going to have as happy a life as possible."

Walter is estimated to be an adult aged 10-15. In the wild, the otters' average life expectancy is in the early 20s.

One of the aquarium's goals is to help Walter socialize with other animals at the aquarium, added Haulena. Walter will join three other rescued sea otters: Katmai, Tanu and Elfin.

Brian Sheehan, a Vancouver Aquarium curator who will look after Walter, was happy to see the otter seamlessly adapt to his environment.

"After the events of this morning, (we're) actually more than excited," he said.

"We're actually thrilled as to how well Walter has acclimated himself to his new habitat already."

Police search for sex-assault suspect

Sketch of a sexual-assault suspect
COURTESY SURREY RCMP

Mounties are asking for the public's help in identifying a suspect in a sexual assault on a Surrey baseball field on Sunday.

A man physically and sexually assaulted a 25-year-old woman in Fleetwood Park around 5 p.m.

The woman was walking home from a restaurant when the man approached her on the sidewalk near 158th Street and 80th Avenue and took her to the park where the assault occurred.

The suspect is described as a pale-skinned, six-foot-tall male between 25 and 35 years old, with a gaunt face, deep-set facial features, prominent high cheekbones and no facial hair.

He wore black soccer-style track pants with white stripes down the outside of the left leg (possibly Adidas brand), a baggy hoodie (possibly navy) and black sneakers with white soles.

The assault is believed to be an isolated incident at this time. EMILY JACKSON/METRO

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Kitimat to vote on Northern Gateway

The District of Kitimat, a key hub for the proposed Northern Gateway oil pipeline, will hold a plebiscite to gauge support for the development that is sure to dramatically change the community.

Council's decision follows the Dec. 19 release of a Joint Review Panel decision that approved the pipeline and tanker project carrying bitumen from Alberta's oilsands across B.C. for shipment to Asia.

Housing takes off

Recent real-estate assessment values suggest Kitimat housing prices have risen dramatically, some homes by as much as 26 per cent, over speculation of an oil and natural gas boom.

The federal government has the final say on the pipeline, which came with 209 conditions, and must reveal its decision within the next six months.

Kitimat has remained neutral on the multibillion-dollar project and issued a statement late last year saying council will take the necessary time to look over the Joint Review Panel report.

The northwestern community would be the end of the line for the bitumen pipeline and the port where hundreds of oil-loaded tankers would leave for Asia every year.

District council and staff will decide the plebiscite question for voters and the date for the non-binding, referendum-style vote in the coming weeks.

The plebiscite fulfills council's resolution adopted in January 2012 to survey Kitimat residents about their opinion of the Northern Gateway project.

THE CANADIAN PRESS

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Residents urge more police presence

Newton. People share concerns and ideas about how to curb crime in wake of death

It was standing-room only at a Newton meeting Monday. METRO

The collective voice at a packed Newton Community Association meeting Monday night called for greater police presence in the Surrey neighbourhood reeling from the murder of a local mom.

Leaders of the newly formed association called the meeting at the Newton Seniors Centre in response to the murder of 53-year-old Julie Paskall, who was beaten to death outside the Newton Arena as she waited to pick up her son from a hockey game on Dec. 29.

Robbery is the suspected motive behind the attack, say police, and officers are investigating whether it is connected to a similar incident at the nearby bus loop on Dec. 16.

Newton has watched drug dealers, aggressive panhandlers and thieves take over the neighbourhood for years now. But Paskall's murder has shocked residents into action.

"This terribly tragedy has struck a nerve with residents," said Doug Elford, an association spokesperson.

That was evident at Monday night's meeting, where more than 150 residents packed a hall at the Newton Seniors Centre, just steps from the arena where Paskall was killed. So many showed up that dozens were left waiting in the cold.

While many demanded improved social services, better regulation of recovery houses and security cameras, most simply wanted more police on the streets doing their job.

"At the end of the day, we need police officers to enforce the law of the land," said longtime resident Sheena Wilkie during a question-and-answer period with police.

Surrey RCMP Chief Supt. Bill Fordy said he heard residents loud and clear and promised he would look into the "pros and cons" of bike and foot patrols — a popular suggestion among attendees.

However, Fordy said he heard another message from residents Monday night: They want to be involved.

"They recognize that they have a role to play," he said. "It's not only up to police, up to elected officials; we all play a role in community safety."

ELIZABETH HAMES/FOR METRO

Vaccine supply tight

H1N1 flu claims life of B.C. woman

The Interior Health authority says a woman from Okanagan has died after she contracted the same strain of flu that claimed the lives of 16 people in the Prairies. Dr. Rob Parker confirmed the woman who was in her 50s had H1N1. The virus that has claimed the lives of six people in Saskatchewan and 10 in Alberta is making its presence felt in southwestern B.C. Two separate health authorities in Metro Vancouver have reported that more than 20 people have been hospitalized with the virus. Parker says some pharmacies could see temporary shortages of the vaccination.

THE CANADIAN PRESS

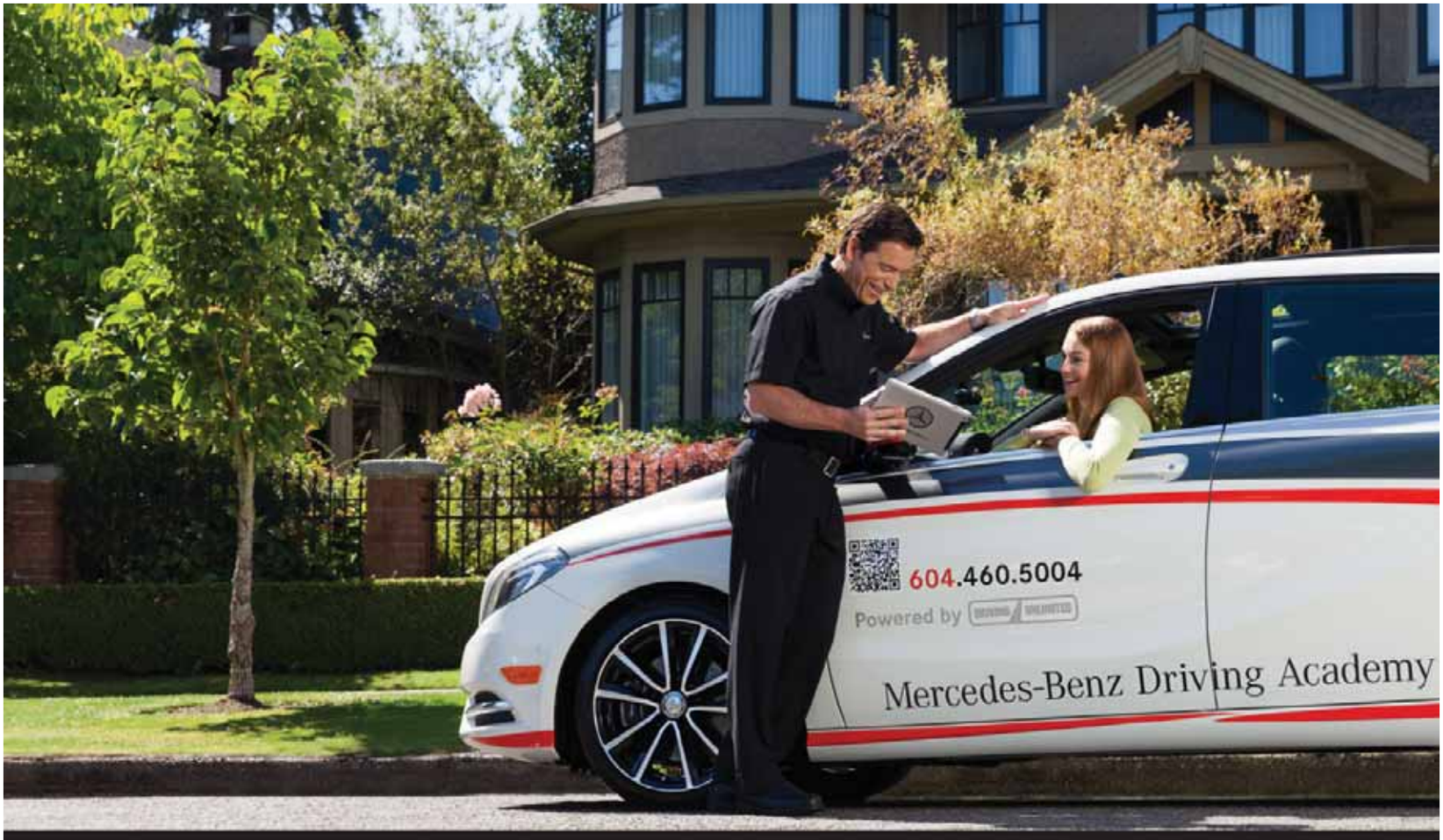
Kamloops

Man who blew up home found mentally ill

A report by the BC Coroners Service says a Metro Vancouver man who died after taking a woman hostage and blowing up her home in Kamloops suffered from mental illness. The report says 48-year-old Dennan Crosby began taking antidepressants after he broke up with the woman but refused to go to the hospital in May 2012.

He showed up at his ex's house with explosives and took her hostage. After a seven-hour standoff, Crosby eventually let the woman go and set of an explosion that killed him.

THE CANADIAN PRESS



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Did you just look up from a screen?

Odds are you did, says a recent report. Half of Canadians say they spend close to 90% of their free time staring at a TV, tablet or smartphone

Canadian smartphone owners spend an average of about 86 per cent of their free time looking at one of their many screens, a recently released poll suggests. ISTOCK

Canadian smartphone owners estimate they spend an average of nearly 90 per cent of their free time staring at one of the many screens they own, suggests a recently released report.

In an online poll of 28,000 Canadians — conducted in August by Ipsos on behalf of Google — half the respondents said they owned a smartphone. Of the smartphone users, 99 per cent also had a computer, 88 per cent had a TV, and 39 per cent had a tablet.

Smartphone owners admitted that they'd peg their screen time, including watching TV, using a computer, tablet or e-reader at about 86 per cent of their free time.

On the flip side, they figured they spent only 14 per cent of their leisure time daily listening to the radio, reading a printed page or enjoying other non-digital activities.

On average, smartphone owners said they spent about an hour and a half each day on their phone for personal use, with about 56 per cent happening outside the home.

Tablet owners said they were using their device for about an hour and 15 minutes daily, and three-quarters of that usage was at home.

Computer users said they spent three hours and 10 minutes working or playing on a PC daily in their personal time, including an hour away from home.

When asked about using their devices simultaneously — for example, swiping and tapping on a phone or tablet while watching TV — 87 per cent said they do it at least once a week.

THE CANADIAN PRESS

Alberta. U.S. woman who assisted with mother's suicide gets time served

An Alberta judge has agreed that an American woman who pleaded guilty to helping her mother kill herself should not have to spend any more time behind bars.

Judge Charles Gardener sentenced Linda Jean McNall to eight months of time already served on the rare charge of aiding suicide in the death of her 79-year-old mother, Shirley Vann. That was the recommendation made by both the Crown and the defence.

Court heard details about a suicide pact McNall made with Vann. Both had health problems and had cared for one another for decades.

Last spring, after Vann's health deteriorated, they sold their belongings, left behind mounting medical bills and drove from Sierra Vista, Ariz., to Canada's Rocky Mountains.

They pitched a tent near Hinton, 300 kilometres west of Edmonton, injected themselves and their two pet dogs with insulin, swallowed sleeping pills and opened a propane tank. Vann and the animals died, but McNall, 53, survived.

McNall's lawyer, Laura Stevens, said her client will spend the night in jail in Edmonton and will be flown back to Phoenix on Wednesday. There, Stevens said, her client is scheduled to be evaluated by a case worker and a crisis management team.

THE CANADIAN PRESS

Mexico City

2 Canadian women arrested in alleged firebomb attack

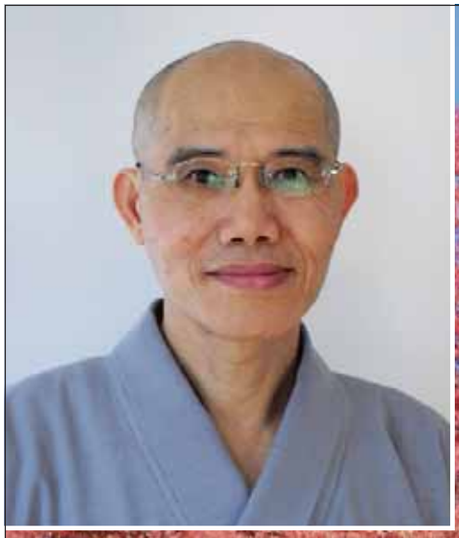
Two Canadian women have been arrested in Mexico City in connection with a firebomb attack on a government transportation department office and a car dealership. A Mexican man was also detained.

Prosecutors say the three face possible charges of causing damages to the office and the nearby car dealership.

The motive in the attack was not immediately clear.

Some Mexico City banks have been hit in recent years by small incendiary devices.

Those attacks have been attributed to small groups of leftists or animal rights activists. THE ASSOCIATED PRESS



Chan in Daily Life

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Tis the Season!

Transit service changes begin Monday, December 16

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TRANS LINK

The cold weather makes vision challenging as Jobin Curoe's glasses fog up while walking in temperatures and wind chills reaching -40 C to -50 C on the Lawrence University campus in Appleton, Wis.

SHARON CEKADA/THE POST-CRESCENT/THE ASSOCIATED PRESS

Polar vortex descends over parts of U.S.

Indiana. At least 15,000 people were without power early Tuesday, and officials warned some could be in the cold for days

Brutal cold settled over parts of the U.S., sending the mercury plummeting Tuesday from New York and Washington to Atlanta, Nashville and Birmingham, where many people have little experience dealing with freezing weather.

The morning weather map for the eastern half of the U.S. looked like an algebra worksheet: lots of small, negative numbers. In fact, the Midwest and the East were colder than much of Antarctica.

Georgia was colder than many cities in Alaska. While Kodiak and Juneau registered 4 C and Anchorage was at -2 C, Atlanta dipped to -14 C degrees early in the morning, or nearly 17 C degrees below the average low this time of year.

"This is severely cold for these parts," said Brian Lynn, a National Weather Service meteorologist in Peachtree City, Ga.

Farther south in Pensacola, Fla., a Gulf Coast city better known for its white sand beaches than frost, streets normally filled with joggers, bikers and people walking dogs were deserted early Tuesday as the morning remained in the negative teens. Downtown, Monica Anderson and Tommy Howard jumped up and down and blew on their hands while they waited for a bus, struggling to stay warm.

Anderson said she couldn't recall it ever being so cold.

"I'm not used to it. It is best just to stay inside until it gets better," she said.

THE ASSOCIATED PRESS

Prison brrr-eak

Fugitive too cold to get far, gives up

Just how cold is it in the U.S.? Apparently cold enough for an escaped prisoner to turn himself in. Authorities say the inmate escaped from a minimum-security facility in Kentucky on Sunday. As temperatures dropped far below freezing Monday, they say he walked into a motel and asked the clerk to call police. Lexington police spokeswoman Sherelle Roberts says 42-year-old Robert Vick told the clerk he wanted to turn himself in and escape the arctic air. Roberts says Vick was checked out by paramedics and returned to Blackburn Correctional Complex.

THE ASSOCIATED PRESS

Oil's well that ends well.
Washing machine gives birth to fully grown man

A naked Australian man who became stuck in a washing machine as part of an ill-planned practical joke was freed from the appliance with the help of an unusual rescue device: olive oil.

The 20-year-old man, identified only as "Laurence," told Australia's Fairfax Radio that he was on his way to take a shower on Saturday when he decided to climb into the top-loader to have a bit of fun.

Priorities

"I was quite disappointed they used my good olive oil."

Would-be prankster 'Laurence'

The fun quickly evaporated, however, when he realized he couldn't budge.

He called out to his friend for help, who rang the police. They responded to the scene, along with firefighters, paramedics and a search-and-rescue squad.

"He was very well wedged in there, and we were concerned for his health and well-being," Shepparton Police Sgt. Michelle De Araugo told the Shepparton News. "It was just a game gone wrong. It would be fair to say the gentleman was very embarrassed."

Rescuers tried in vain to pull Laurence from the machine.

But when it became clear he was seriously stuck, they grabbed a bottle of his favourite olive oil to help lubricate his escape.

The oil worked, and he popped out.

"I was quite disappointed they used my good olive oil," Laurence told Fairfax Radio. "As soon as the washing machine went on its side, it was a bit like a birthing."

THE ASSOCIATED PRESS

Not-cheese may be not available for weeks

NFL playoff parties may have one fewer dip option this year. Kraft Foods says some customers may not be able to find Velveeta cheese over the next few weeks. A representative for the company, Jody Moore, didn't give any reasons for the apparent shortage, saying only that they happen from time to time given the "nature of manufacturing." PAUL SAKUMA/THE ASSOCIATED PRESS FILE

What did you eat?

Diapers set off Geiger counters

Austrian hazmat specialists have discovered why gauges showed alarming readings for a dump truck: radioactive adult diapers.

Firefighters from the hazardous-materials unit of the city of Linz found nearly two dozen diapers from a hospital that had become contaminated with radioactive iodine. The substance is swallowed during some medical and diagnostic procedures.

THE ASSOCIATED PRESS

Whey your options

Velveeta may be scarce for weeks

Kraft Foods says some customers may not be able to find Velveeta cheese over the next few weeks. A representative for the company didn't give any reasons for the apparent shortage, saying only that they happen from time to time given the "nature of manufacturing."

THE ASSOCIATED PRESS

BCIT WELCOMES PRESIDENT
Kathy Kinloch

The British Columbia Institute of Technology welcomes President Kathy Kinloch this week.

Kathy is a widely recognized educational leader—her career includes senior leadership positions in health, government, and post-secondary education where she has successfully led strategy development. She has also served as Dean, BCIT School of Health Sciences; Senior Advisor, British Columbia Ministry of Health; and Chief Operating Officer, Fraser Health. Kathy holds a Bachelor of Science (Nursing) from University of Alberta, a Master's Degree in Leadership, and a Graduate Certificate in Executive Coaching, both from Royal Roads University.

Kathy joins BCIT at a key moment in the Institute's history as we prepare to celebrate our 50th anniversary in the Fall of 2014.

BCIT

Feathers flying. Sears pecks back over Canada Goose trademark lawsuit

Canada Goose is trying to "bully" Sears Canada Inc. and other retailers through litigation, Sears is alleging in court documents as it hits back at a trademark infringement lawsuit.

The parka maker's real motive is to curtail the sales of lower-priced winter jackets so Canada Goose can keep selling its products "at a huge mark up" Sears alleges.

Canada Goose alleges in a lawsuit filed late last year that Sears is selling knock-offs of its highly distinctive coats.

The department store has now filed its statement of defence in Federal Court and is taking direct aim not just at this particular lawsuit, but what the retailer calls Canada Goose's "campaign of intimidation."

Canada Goose is trying to claim the exclusive right to sell any winter coat with a fur collar "of any sort" or with a circular logo on its sleeve, Sears alleges in its statement of defence.

Neither Sears' nor Canada Goose's allegations have been proven in court.

THE CANADIAN PRESS

Canada Goose parkas are known for a distinctive circular logo on its sleeve, fur hood and hefty price tag. THE CANADIAN PRESS FILE

Clio. Acrylic-glass speaker makes 'crystal clear sound'

Ever tried to play a tune by rubbing the rim of a crystal wine glass?

One company has polished that idea so much that the phrase "crystal clear sound" will now have a different meaning. ClearView Audio has come up with a speaker made of acrylic glass called Clio.

Clio uses a piece of curved acrylic glass that is a millimeter thick. It sits on a dock and vibrates it in a finely tuned way so that it can play music.

THE ASSOCIATED PRESS

The Clio speaker at the International Consumer Electronics Show.
THE ASSOCIATED PRESS

Apptacular sales

Apple's app store tops $10B in 2013

The Angry Birds Star Wars app helped Apple set records. SCREENGRAB

Apple says people spent more than $10 billion US in its app store last year, on apps such as Minecraft, Angry Birds Star Wars and Sleep Cycle alarm clock.

December was the most successful month in the store's history, as customers spent $1 billion that month. Apple says the year's total was also a record.

There are more than a million apps available in the app store for the iPhone, the iPad and the iPod Touch. Besides games, there are newspapers, magazines, travel, business and health and fitness apps, among others.

THE ASSOCIATED PRESS

Concordia disaster

Ex-CEO of Costa Cruises retiring

Carnival Corp. said Tuesday that the former CEO of Costa Cruises, the company behind the 2012 Concordia disaster, is retiring. THE ASSOCIATED PRESS

Market Minute

DOLLAR 92.83¢ (-1.05¢)

TSX 13,596.93 (+101.39)

OIL $93.67 US (+$0.24)

GOLD $1,229.60 US (-$8.40)

Natural gas: $4.33 US (+$0.03)
Dow Jones: 16,530.94 (+105.84)

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MORE THAN MEETS THE EYE

JUST SAYIN'

Paul Sullivan
metronews.ca

You have to feel sorry for Michael Bay.

Not because he's the director of epic Hollywood stinkers such as the Transformers movies and classic clunkers such as Pearl Harbour and Bad Boys II.

No, we have to send Michael a hug because he has suffered through the worst experience ever. There he was at the giant Consumer Electronics Show in Vegas on Monday, presenting on behalf of the 105-inch, curved-screen TV from Samsung, when he lost his place on the teleprompter and couldn't find it again.

After stammering and shuffling for the world's longest minute, he walked off the stage, leaving the Samsung guy holding the bag.

An ignominious retreat for the whiz kid who learned at the knees of George Lucas and Steven Spielberg to become one of the richest Masters of Tinsel Town, worth more than $400 million, according to Celebrity Net Worth.

The other reason we should feel sorry for Michael Bay is that nobody else is. Going mute at the world's foremost consumer electronics show is bad enough, but the peanut gallery is howling with delight.

Someone said he only did what so many before him have wanted to do: walk out of a Michael Bay production. Someone else observed that it was the first time he seemed uncomfortable without a script.

Whoa. Tough crowd.

And that's going to make it tougher for the 75 per cent of us who fear public speaking more than death itself. Yes, that's true. Glossophobia, as the fear of public speaking is called, is the No. 1 phobia, beating out the fear of death, and No. 3, fear of spiders. Jerry Seinfeld once observed that at a funeral, most of us would rather be in the casket instead of giving the eulogy.

Even if it's just standing in front of the class to spell glossophobia, most of us would rather die. My first real bout with stage fright happened in Grade 8, when I was required to stand in front of a packed school gym and play Moon River on the trombone. Somehow I got through the whole thing even though the sheet music kept slipping off the stand. But I kept thinking: There are two people in the audience who actually want to hear this, and I'm only sure about one of them (my mother).

No word on whether Michael Bay's mother was in the audience at CES, but it's a good idea for the jackals to remember that he has one, and she must be suffering agonies for her boy. For the sake of his mother, get off his case.

And if that doesn't move you to sympathy, you can at least learn from this ghastly experience. The next time you have to stand in front of an audience, before you go on, remember what happened to Michael Bay.

If that doesn't cause you to break into a flop sweat, nothing will.

ZOOM

Poached in their safe haven

COURTESY TIM WATTERS/SEA SHEPHERD AUSTRALIA

Protected whales seen captured

Activists have released rare photographs of protected whales killed by a Japanese fleet inside an internationally recognized ocean sanctuary.

Anti-whaling campaign group Sea Shepherd captured aerial footage of three minke whales' bloodied carcasses lying on the deck of Japanese vessel Nisshin Maru. **METRO**

Japan has loophole in moratorium

The images, purportedly taken inside the Southern Ocean Whale Sanctuary in Antarctica's Ross Dependency, have drawn international criticism from activists and politicians. Commercially hunting whales is banned in the region, but Japanese fleets allegedly capture the animals under a "scientific research" loophole in the moratorium on whaling. **METRO**

The image released by Sea Shepherd shows a bloodied deck of the Japanese whaling vessel Nisshin Maru. CONTRIBUTED

Surveillance

- The chairman of Sea Shepherd Australia says there is no oversight from the federal government.
- Last month, Australia's environment minister said there would be a plane sent to monitor the operation. Prior to the election, he said there would be a ship.

Clickbait

IRENE KUAN
Metro Online

Tech giants at the 2014 Consumer's Electronics Show in Las Vegas showed off their latest innovations in high-tech appliances from wireless, app-based plant monitors to a robot vacuum. Here are some highlights of home gadgets meant to make your life easier.

CONTRIBUTED

Parrot Flower Power wireless plant monitor:

Ever wonder if your plant is parched or when its light intensity or temperature isn't quite right? With the Parrot Flower device, you can monitor and analyze the growth conditions of your flowery friends via a Bluetooth-equipped sensor that sends information to your smartphone or tablet using an app.

Smart Hom-Bot vacuum system:

This high-tech vacuum system is meant to make your life more convenient with the ability to map out your home to ensure a more effective cleaning path. The duel lenses on the appliance can snap images of your home and can remember the positioning of objects to sense when an area is already clean. It can also help clean air in the home via a HEPA filter, according to LG.

Panasonic's nanoe wet dry hair dryer:

A hair dryer may not seem all that impressive next to the many high-tech devices and gadgets at CES, but what makes Panasonic's nanoe hair dryer stand out is that it has the ability to add moisture to hair while drying it. According to Panasonic, the dryer breaks blown ions down before infusing them with moisture so imagine drying your tresses without having to worry about drying them out.

Twitter

@metropicks asked: Team Canada announced its roster for Sochi Olympics. Who would you have liked to see make the cut?

@KurtPenner: I would have picked Marty St Louis! #heart #consistency #goals #speedy #jiltedlasttime

@BergysAWarrior: #Looch deserved to be on #TeamCanada who wouldn't want a guy that can change a game with either a huge hit or by scoring a highlight goal :(

@alexisannna: I'm so sad about #Seabs and #Crow not making team canada but on the bright side #Sharp, #Toews and #Keith made it. #Sochi2014 #TeamCanada

@kfox9611: #TeamCanada should've brought Joe Thornton.. Imagine he scored 4 goals in the Olympics... #JumboJoe

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WE WANT TO HEAR FROM YOU: Send us your comments: vancouverletters@metronews.ca

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Pack A.D. to engage new fans with Do Not Engage

Shift in sound.
Garage-rock duo push for a bigger audience with latest album

Vancouver garage-rock duo the Pack A.D., from left, Maya Miller and Becky Black. CONTRIBUTED/THE CANADIAN PRESS

Vancouver garage-rock duo the Pack A.D. finally cleaved their way onto Canadian airwaves with 2011's Unpersons, a record that strayed far from the skeletal hard blues that marked their early work.

With Do Not Engage — out Jan. 28 — the band is pushing its newfound tunefulness even further, and the duo is blunt when asked to describe the shift in sound.

"Now our songs have things like choruses," said drummer Maya Miller during a recent chat in Toronto. "They never used to. Truthfully, they do have more melodies now."

Shedding their nascent primal-blues leanings almost completely, the Pack A.D. here channel the melodic fuzz of '90s post-grunge and lo-fi for a concise set of 11 songs that recall a range of influences including the Breeders, the Grifters and Superchunk.

There's still variety within that framework. "There's no real consistency but I kind of like that," singer Becky Black muses, but the common thread is a new accessibility.

And that pop craft arrived at a fortuitous time for the band, seemingly perched on the cusp of a breakthrough.

Since Unpersons came out, they became Juno Award nominees for breakthrough group (natch), signed with Nettwerk Records — such a sufficiently large label that Black marvels "there's a lot more people to remember" — and whisked their undomesticated live show across some larger stages, including a gig last month opening for the Arctic Monkeys.

Miller and Black acknowledge that a desire to capitalize on such opportunities did influence their songwriting.

"I think it obviously played a part in coming up with this album," Miller said.

"I also think people now can dance to our new album," she added. "I think it's been harder to dance to our music in the past. We used to have less opportunity for that. It was very odd music. It didn't really go anywhere. So maybe it's going somewhere."

THE CANADIAN PRESS

On the band's past albums

"There's nowhere to move with happiness. I think it's a terrible place to be. It's complacency. You do not grow from being happy."

Pack A.D. drummer Maya Miller

Grammys

Daft Punk GETTY IMAGES FILE

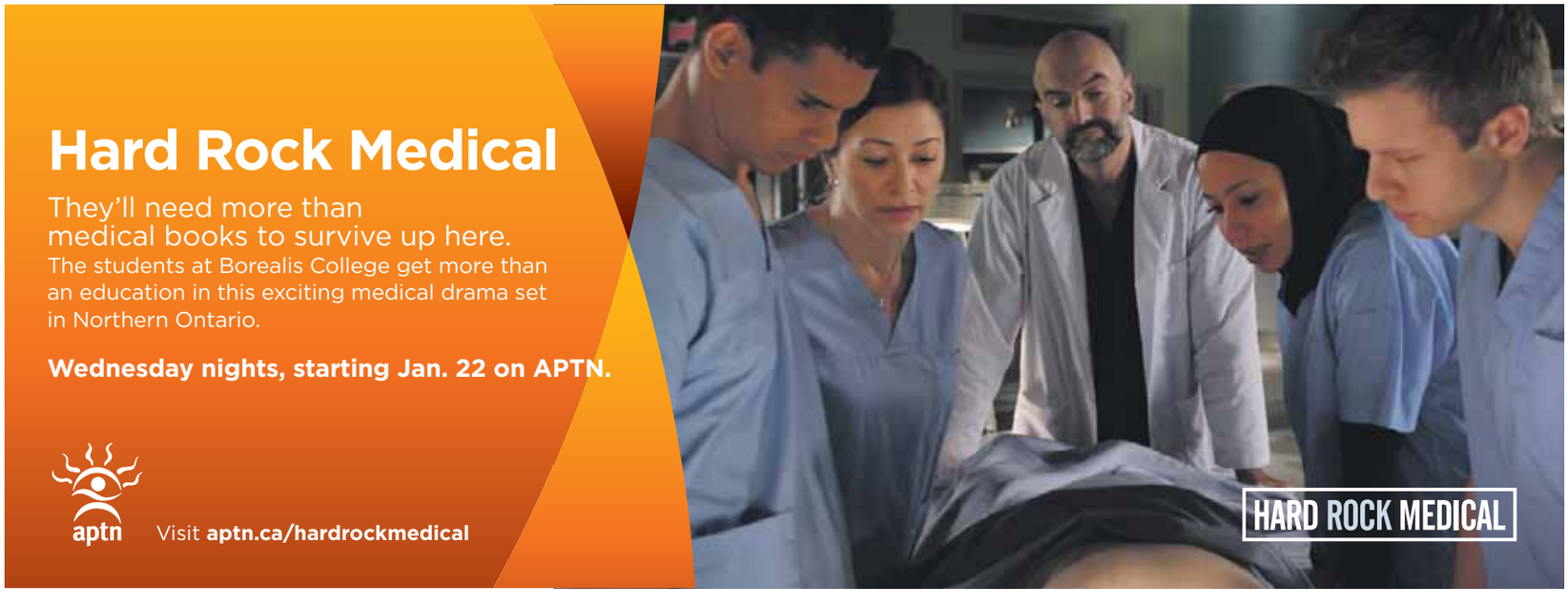
Daft Punk to perform with Stevie Wonder

For a group that had one of the top albums of the past year, Daft Punk has been keeping a low profile — even lower than the duo's disguise-happy public persona would suggest.

Since releasing their hit Random Access Memories in May, the helmeted ones haven't even performed live in front of an audience.

But when you're nominated for five Grammys, that's kind of a command performance, especially when one of those nominations is for Album of the Year.

In the grand tradition of unlikely Grammy pairings that actually make a lot of musical sense, Daft Punk will be performing with Motown legend Stevie Wonder, the show's executive producer Ken Ehrlich told Rolling Stone. METRO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Tracy Letts

A man who deserves the hyphens

IN FOCUS
Richard Crouse
scene@metronews.ca

Tracy Letts CONTRIBUTED

Hollywood is full of hyphenates, the kind of people who introduce themselves as a model-actor-writer-waiter-personal-trainer-dog-walker.

But there's one Tinsel Town citizen who has actually earned every word in his hyphenated title.

Tracy Letts is an actor-writer-producer-Pulitzer-Prize-winner who is going to have to get bigger business cards if he gets any more successful.

You may not recognize the name unless you pay attention to the end credits of Homeland — he plays Senator Andrew Lockhart — or if you know who won the 2013 Tony Award for best actor in a play for Who's Afraid of Virginia Woolf?

He's a multi-talent with a shelf of awards, some heavyweight acting credits and a new movie screenplay on his resumé.

His latest project, the script for August: Osage County, puts words into the mouths of some of the biggest stars in Hollywood. The film brings together the Weston sisters, Barbara (Julia Roberts), Karen (Juliette Lewis) and Ivy (Julianne Nicholson) with their pill-popping mommy dearest Violet (Meryl Streep).

As a writer, Letts says inspiration came from Tennessee Williams, William Faulkner and Jim Thompson, which might explain the dark vein that runs through his work.

How twisted are his plays? "Everybody in Tracy's stories gets naked or dead," says his mom, author Billie Letts.

Still, there is no denying that his screenplay for Killer Joe, the 2011 Matthew McConaughey thriller, is written with what Roger Ebert called, "merciless black humour." The story of a corrupt cop and a bad insurance claim earned critical praise even if the Women Film Critics Circle cited the film for its presentation of what they called "the worst female and male images" of the year.

Letts seems willing to take on any challenge to add to his hyphenated status. There's just one thing you can't ask him to do. "I don't act in the stuff that I write," he says. "I have no interest in doing that."

Nicholson gets her big break in August: Osage County

Playing Ivy.
Metro talks to the actress about her breakthrough role

MATT PRIGGE
Metro in New York City

From left, Julianne Nicholson, Meryl Streep and Margo Martindale in August: Osage County. CONTRIBUTED

Who:
Julianne Nicholson

Where you've seen her:
The films Kinsey, Flannel Pajamas and Brief Interviews With Hideous Men; the shows Law and Order: Criminal Intent, Boardwalk Empire and Masters of Sex.

Her big break:
Playing Ivy, the centre of the storm of grotesques in the new film adaptation of August: Osage County, Tracy Letts' Pulitzer-winning play, which also stars Meryl Streep, Julia Roberts, Chris Cooper and many, many more.

Was she intimidated doing a film on this scale?:
"Yes. The first hurdle was getting the job. I just didn't think about (the cast). Then I got the job and I felt great. I felt like I intrinsically knew who Ivy was. I was also doing a play at the time, a new Sam Sheppard (who has a role in the film) play, so I felt like I was in that world, in a way. But a week before, I started panicking. As soon as I arrived, though, everyone was really welcoming."

On doing a play on film:
"I didn't look at it as a play. I had seen the play and I had loved it. But enough time had passed that I didn't remember any specifics. It wasn't like I had to recreate anything. And it's an amazing piece that's perfectly written."

Doing a play on film by a TV director:
"John (Wells)' strength is with ensembles. He has a history of doing that with ER and Shameless and The Company Men. He has a real knack for bringing the right people together to get the best out of them."

Shooting the big set piece, a 19-page dinner scene, over four days:
"(Wells) broke it up into three sections, six or seven pages for each part. We rehearsed the whole thing through at Meryl's house. We all sat around the table and ate dinner while we rehearsed the lines and got the rhythm of it, discovered beats. When shooting it, it didn't feel choppy. It felt like everyone knew their lines. We probably could have done it straight through every time."

On it feeling like a play:
"Early on it felt like the beginning days of a play, when you're sitting around talking, before you put it on its feet. You're sharing stories and exploring ideas and asking questions. It was also just being together, getting to know each other, picking up each other's mannerisms, creating a feel of history so that when you start filming you already know each other, rather than showing up on the first day and acting like someone's your sister."

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The Internet is calling for Elba, Idris Elba

DOROTHY ROBINSON
Metro World News in New York

This rumour has already been slightly refuted by the man himself but it's just so juicy I couldn't help but get on the bandwagon: The Internet is trying to make Idris Elba the next James Bond.

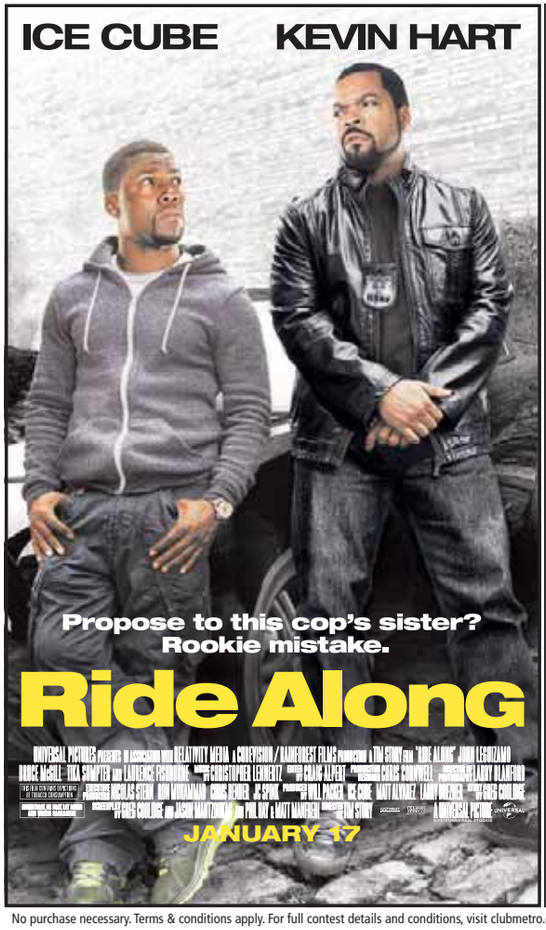
A fan group called We Want Idris Elba for James Bond is going so strong (and makes so much sense) that Elba is being asked in interviews if it could possibly happen.

"It's a rumour that's gotten out of control, basically — but that's all it is," Elba said on ITV's Lorraine over the weekend, thus starting a new drumbeat of support. "There's no truth in it whatsoever."

Earlier in November, the actor, who just won a Golden Globe nomination for Mandela, seemed a bit more open to the suggestion. "Really? James Bond? I didn't know that was still sort of in the mix," Elba told HuffPost Entertainment. "I say it all the time, but if it was to ever happen and if I was ever to get offered that role, that would be the will of a nation. That would be like, 'Wow, human beings are really powerful. They really made that happen, because (producer Barbara Broccoli) certainly didn't.' ... It would be the will of a nation because everyone has been saying that to me."

The Internet makes so many, usually terrible, things happen (Rebecca Black, Snakes on a Plane, Mega Shark Versus Giant Octopus). Wouldn't it be nice if something amazing and sexy — and that would be Idris Elba in a hot bow tie and martini glass — came from it as well?

Idris Elba, James Bond? GETTY IMAGES



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The future of your favourite pop stars

Music. We look into the crystal ball and predict where some of the big names will be in two years' time

Miley Cyrus

2014: Her Bangerz tour continues throughout the U.S. and Canada before heading to Europe. We predict she'll play it safe on these dates to ensure Wisconsin parents keep giving her money.

2015: Tour over, Miley spends an entire year Instagramming photos of pot leaves in Jamaica, where, in the spirit of twerking, she adopts a cute little black boy and makes him dance.

2016: Now 24, Cyrus does what all female singers do, and "matures," lining up 20 dates in Vegas and a comeback tour.

Miley Cyrus GETTY IMAGES

Rihanna

2014: Basically the same thing as Miley.

2015: Except Trinidad instead of Jamaica. And instead of adopting a little boy, she marries Chris Brown.

2016: Rihanna and Chris become the next Ike and Tina, and then she finally dumps his ass.

One Direction

2014: OMG indeed: The U.K. phenoms tour Europe, sell out stadiums and break box office records. Harry Styles denies rumours about going solo, staying true to his "boys."

2015: Harry Styles goes solo.

2016: The One Direction Reunion Tour hits Europe. Sales figures are "unavailable."

Kanye and Kim

2014: Now a year old, their daughter North releases her first album, produced by Hudson Mohawke on an old TurboGrafx.

2015: North, now two, calls her parents sell-outs and proclaims herself the Messiah.

2016: North was right: she is the Messiah. We all die horrifically in the Rapture.

SAM CASTONE/METRO WORLD NEWS

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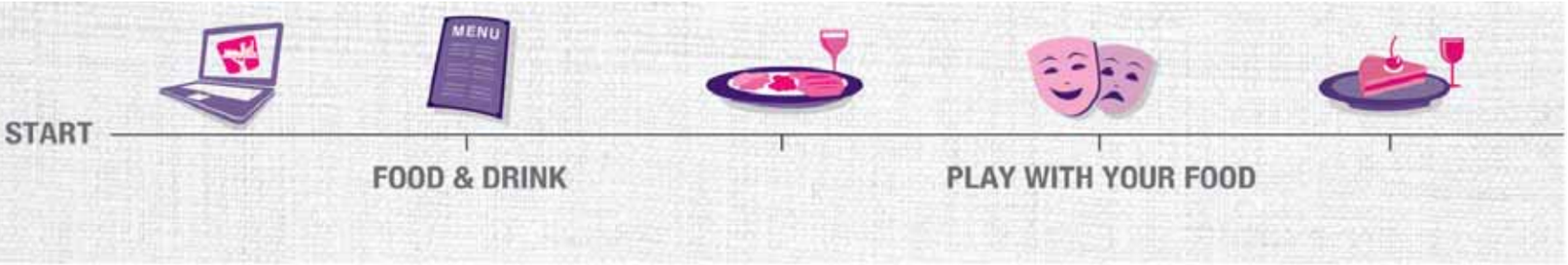

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January 19, 26
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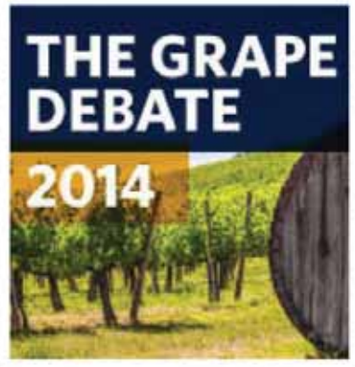
The Snowshoe Fondue
January 24
A winter food festival just isn't complete without hot cocoa, a snowshoe trek and a cheese fondue dinner to follow. Grouse Mountain Resort plays host to this "All you need is Cheese"-sponsored winter foodie event. Bundle up!



The Grape Debate
January 31
'Is wine made in the vineyard or in the winery?' All bets are off in this head-to-head debate on this key issue facing the British Columbia wine industry today. Naturally, all is resolved with the wine tasting that follows.

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604.207.7107
carversdining.com

COPPER CLUB
405 North Rd.
Coquitlam
604.937.4666
copperclub.ca

TIVOLI'S
4201 Lougheed Hwy, Burnaby
604.297.2118
tivolisrestaurants.ca

COPPER CHIMNEY
567 Hornby St,
Vancouver
604.689.8862
copperchimney.ca

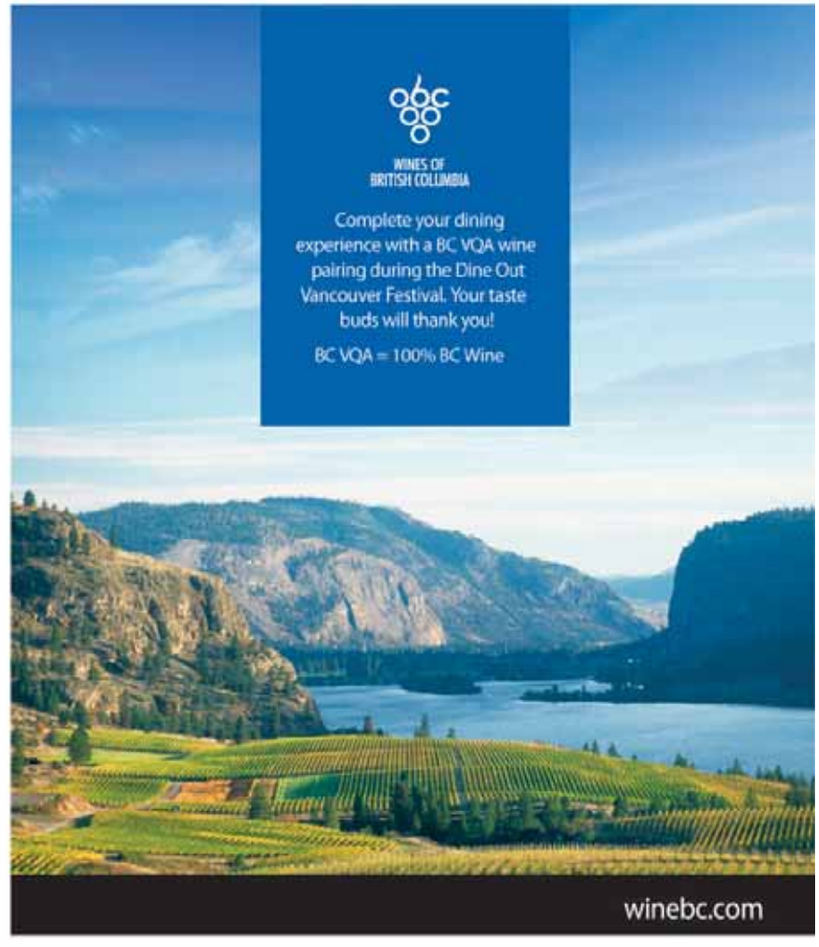
WELCOME TO TOURISM VANCOUVER'S 2014 DINE OUT VANCOUVER™ FESTIVAL.

I am thrilled you've decided to participate in this wonderful celebration of food and drink in our great city.

The largest event of its kind in the country, Dine Out Vancouver™ Festival sets our city apart on the North American stage. It invites the world to come and sample Vancouver while offering residents unparalleled dining opportunities. It is our town at its best: culinary experiences, cultural insights and entertainment all wrapped in a setting that is the envy of everyone elsewhere.

Congratulations to the many restaurants, event producers, wineries, craft breweries, sponsors and the organizing team for creating such a wonderful testament to Vancouver's delicious culinary scene. Cheers!

Rick Antonson
Tourism Vancouver President & CEO


WINES OF BRITISH COLUMBIA
Complete your dining experience with a BC VQA wine pairing during the Dine Out Vancouver Festival. Your taste buds will thank you!
BC VQA = 100% BC Wine
winebc.com

Join the Conversation:

dineoutvanfest
@DineOutVanFest #DOVF
groups/dineoutvanfest
DineOutVancouverFestival

Memphis Blues Barbeque House

DINE OUT VANCOUVER FESTIVAL

Jan. 17th ~ Feb. 2nd

THREE COURSE DINNER - $18

STARTER: ORGANIC GREENS, WARM TOMATO TART

MAIN: CLASSIC CHICKEN AND RIBS

SWEET: PECAN PIE A LA MODE WITH CARAMEL BOURBON SAUCE

PARTICIPATING LOCATIONS:

430 ROBSON ST. • 604 682 6220
1342 COMMERCIAL DRIVE • 604 215 2599
1465 WEST BROADWAY • 604 738 6806

Dine In Only

Dine Out menu is available from 5pm till close during the two weeks. Please call for reservations.

WWW.MEMPHISBLUESBBQ.COM
@MEMPHISBBQHQ | FACEBOOK.COM/MEMPHISBLUESBBQHOUSE

Spectacular Views - Incredible Cuisine

Experience *"Dine Out"* at the Cafe Pacifica

Sample Menu: *$28 per person, plus taxes*

Parsnip & Pistachio Veloute	cardamom crème fraiche
Braised Lamb Serloin	pine nuts & winter squash risotto, sautéed kale, caramelized brussel sprouts.
Kalamanski Tart	salted caramel crisp tart shell, vanilla sponge & passion fruit kalamanski cream, pinsapple buttermilk sorbet

PAN PACIFIC
VANCOUVER

GREEN KEY

300 - 999 Canada Place, Vancouver, BC | www.panpacificvancouver.com

olive & anchor

HORSESHOE BAY

Join us for an amazing Dine Out Vancouver experience featuring simple, home-made, un-fussy and delicious food using only fresh, local and sustainable produce.

$28 per person.

To view our Dine Out Vancouver menu visit:
www.oliveandanchor.com/dineout

6418 bay street, west vancouver, bc, V7W 2H1
www.oliveandanchor.com
@oliveandanchor

CHOOSE YOUR RESTAURANT

(*) Denotes restaurants that are also offering a lunch menu.

$18 Menu

The American Cheesesteak Co.
Atithi Indian Cuisine
Bella Gelateria & Gelato
The Bimini Public House
Bitter Tasting Room
The Blarney Stone
The Brasserie Bistro
Butcher & Bullock
The Cannibal Cafe
Ceili's Modern Irish Pub - *Downtown*
Ceili's Modern Irish Pub - *Kitsilano*
Ceili's Modern Irish Pub - *Richmond*
The Cheshire Cheese
Chutney Villa
Cinema Public House
Clough Club
Doolin's Irish Pub
*Dunn's Famous Restaurant BC
The Fish Shack
Fogg N' Suds
Granville Room
Hapa Izakaya - Kitsilano
*Hurricane Grill - *North Vancouver*
Hurricane Grill - *Yaletown*
Kerkis Greek Taverna
The Lamplighter Public House
Las Margaritas Restaurant Y Cantina
Library Square Public House
Lickerish Restaurant & Lounge
The Lions Pub
Luke's Corner Bar + Kitchen
Mad Greek Restaurant
Mahony & Sons Public House - *Coal Harbour*
*Mahony & Sons Public House - *UBC*
*Manhattan
*Maria's Taverna
Max's Restaurant
Meinhardt Fine Foods
Memphis Blues Barbeque House - *Broadway*
Memphis Blues Barbeque House - *Commercial*
Memphis Blues Barbeque House - *Robson*
The Mill Marine Bistro & Bar
Nando's on Davie
The New Oxford
The Old Spaghetti Factory - *Gastown*
Pacific Institute of Culinary Arts - Bistro 101
The Point Grill
The Reef Restaurant on Main
The Reef Restaurant On The Drive
The Refinery
Rocky Mountain Flatbread Co. - *Kitsilano*
Rocky Mountain Flatbread Co. - *Main*
Romer's Burger Bar - *Kitsilano*
Romer's Burger Bar - *River District*
Romer's Burger Bar - *Yaletown*
The Sandwich Shop
SIP Resto-Lounge
Society Dining Lounge
Stages Bistro & Lounge
Thai House Restaurant - *Kitsilano*
Thai House Restaurant - *Robson*
The Three Brits Public House
Trattoria Italian Kitchen
Troll's Restaurant
Village Taphouse

$28 Menu

Abigail's Party
ABODE Restaurant
Al Porto Ristorante
The American Grille
Ask For Luigi
The August Jack
Bambudda
*Banana Leaf Malaysian Cuisine - *Kitsilano*
*Banana Leaf Malaysian Cuisine - *Broadway*
*Banana Leaf Malaysian Cuisine - *Davie*
*Banana Leaf Malaysian Cuisine - *Denman*
*Banana Leaf Malaysian Cuisine - *Robson*
Baru Latino Restaurante
Beyond Restaurant and Lounge
The Boathouse Restaurant - *English Bay*
The Boathouse Restaurant - *Horseshoe Bay*
The Boathouse Restaurant - *Kitsilano*
The Boathouse Restaurant - *New Westminster*
The Boathouse Restaurant - *Port Moody*
The Boathouse Restaurant - *Richmond*
The Boathouse Restaurant - *White Rock*
Bravo Cucina
Brokenrice Vietnamese Restaurant
Burnaby Riverway Clubhouse
Cactus Club Cafe - Bentall
Cactus Club Cafe - *English Bay*
Cactus Club Cafe - *Park Royal*
Cactus Club Cafe - *Yaletown*
Café Pacifica
Campagnolo *Restaurant*
Campagnolo *Roma*
*Cardero's Restaurant
Carthage Cafe
Catch 122
Central Bistro
The Cheshire Cheese Inn
Chicha
*Chop Steakhouse & Bar
Ciao Bella
Cibo Trattoria
Cloud 9 Revolving Restaurant & Lounge
Copper Chimney
Copper Club Restaurant & Lounge
Cork & Fin
Dockside Restaurant
East is East - *Broadway*
East is East - *Main St*
Ebisu - *Broadway*
Ebisu - *Robson*
EBO Restaurant
The Edge Social Grille & Lounge
*Edible Canada
Fishworks
forage
Frankie's Italian Kitchen & Bar
Fresh Restaurant & Lounge - *Richmond*
Fresh Restaurant & Lounge - *Guildford*
George Lounge
Giovane Cafe + Winebar
Glowbal Grill Steaks & Satay
*Gramercy Grill
Graze
*Gyu-Kaku Japanese BBQ
Hamilton Street Grill
Hapa Izakaya - *Coal Harbour*
Hapa Izakaya - *West End*
Hapa Izakaya - *Yaletown*
Harold's Bistro & Bar
Hidden Tasting Bar & Social Lounge
Horizons Restaurant
Hub Restaurant - *Denman*
Hub Restaurant - *Yaletown*
The Italian Kitchen
Kamei Baru
Kamei Royale
Le Parisien
Libra Room

The Lobby Restaurant & Lounge
Maenam
Merchant's Oyster Bar
Moxie's Grill & Bar - *Davie*
Moxie's Grill & Bar - *Surrey*
Moxie's Grill & Bar - *Langley*
Moxie's Grill & Bar - *Richmond*
The Oakwood Canadian Bistro
Olive & Anchor
Osteria Napoli
Ouisi Bistro
p2b bistro & bar
The Park at English Bay
The Parker
Paulies Kitchen
Pier 73 Restaurant
Pink Elephant Thai Restaurant
Portobello Ristorante
Prestons
Provence Mediterranean Grill
Rain Restaurant
Raincity Grill
Red Flaming Teppanyaki
Reflect Social Dining + Lounge
Salathai Restaurant
Salmon House on the Hill
Salmon n' Bannock Bistro
Salt Tasting Room - *Downtown*
Salt Tasting Room - *Kitsilano*
The Sandbar Seafood Restaurant
Seasons in the Park
Shady Island Seafood Bar & Grill
Shaughnessy Restaurant
Showcase Restaurant & Bar
Siena
The Smoking Dog Bistro
SoL Sun Belt Cookery
Spencer's Resto Lounge
Stonegrill @ the Met
Sula Indian Restaurant
Sylvia Restaurant & Lounge
Tap & Barrel - *Coal Harbour*
Tap & Barrel - *Olympic Village*
The Teahouse Restaurant
Ten Ten Tapas
Tivoli's Restaurant
Twisted Fork Bistro
Urban Thai Bistro
Vancouver FanClub
The Water St. Café
Whet
Wild Rice Restaurant
Wild Rice Market Bistro - *New Westminster*
Yaletown Brewing Company
Yaletown L'Antipasto
Yokohama Teppanyaki Japanese Restaurant

$38 Menu

Bacchus Restaurant & Lounge
Bistro Pastis
Bistro Sakana
Black + Blue
The Blackbird
Bridges Restaurant
Brix Restaurant & Wine Bar
C Restaurant
Caché Bistro & Lounge
Cafe Il Nido
Café One
Carver's Steakhouse
Chambar
CinCin Ristorante + Bar
Coast Restaurant
DIVA at the Met
Don Francesco Ristorante
Federico's Supper Club
The Fish House in Stanley Park
Five Sails Restaurant
Globe@YVR
Gyu King Teppanyaki
Hart House Restaurant
Joe Fortes Seafood & Chop House
The Keg Steakhouse & Bar - *Burnaby*
The Keg Steakhouse & Bar - *Coquitlam*
The Keg Steakhouse & Bar - *Dunsmuir*
The Keg Steakhouse & Bar - *Granville Island*
The Keg Steakhouse & Bar - *Guildford*
The Keg Steakhouse & Bar - *Langley*
The Keg Steakhouse & Bar - *Maple Ridge*
The Keg Steakhouse & Bar - *Morgan Creek*
The Keg Steakhouse & Bar - *Richmond South*
The Keg Steakhouse & Bar - *Scott Road*
The Keg Steakhouse & Bar - *Thurlow*
The Keg Steakhouse & Bar - *Yaletown*
Kobe Japanese Steak & Seafood House
La Buca
La Pentola della Quercia
La Terrazza
L'Abattoir
LIFT Bar Grill View
MARKET by Jean-Georges
Maurya Indian Cuisine
*Miku Restaurant
*Minami Restaurant
Mosaic Bar & Grille
The Observatory
ORU Cuisine
PiDGiN
Pied-à-Terre
Pier 7 Restaurant + Bar
Poor Italian Ristorante
Pourhouse Restaurant
Provence Marinaside
Raw Canvas
Tappo Restobar
Top of Vancouver Revolving Restaurant
Tramonto
West Oak
West Restaurant + Bar
Wildebeest
YEW seafood + bar - Four Seasons Hotel
Zen Japanese Restaurant

READY TO RESERVE? HERE'S WHAT YOU DO:

1. Go to dineoutvancouver.com
2. Search restaurants by price, location and cuisine type.
3. Make a reservation.
4. Pair your meal with a BC VQA Wine.
5. Bon appetit.
6. Vote in the Best Bite Awards.
7. Share #MyDineOutStory @DineOutVanFest
8. Repeat.

BEST BITE AWARDS!
Vote for your favourite Dine Out™ restaurant in the Best Bite Awards and get entered into a prize draw for a restaurant gift certificate.

SHARE YOUR STORY. WIN PRIZES.*
Capture and share your Dine Out™ story! Tag your photos and videos on Twitter, Instagram and Facebook with #MyDineOutStory @DineOutVanFest for your chance to 'Dine Out for a Year"! A $3900 value.
***Details at: dineoutvancouver.com**

DINE OUT VANCOUVER FESTIVAL

Make a night out of Dine Out.™

Book your stay now: dineoutvancouver.com/hotels

Room Only*

$78

Best Western Plus Downtown Vancouver

Comfort Inn Downtown Hotel

Happy Day Inn

North Vancouver Hotel

Quality Hotel Vancouver - The Inn at False Creek

Radisson Hotel Vancouver Airport

Ramada Limited Downtown Vancouver

The Sylvia Hotel

$108

Best Western Plus Chateau Granville Hotel & Suites & Conference Centre

Coast Plaza Hotel & Suites

Georgian Court Hotel

Granville Island Hotel

Holiday Inn Vancouver-Centre

The Listel Hotel

Rosellen Suites at Stanley Park

Sheraton Vancouver Wall Centre Hotel

$138

Coast Coal Harbour Hotel

Delta Vancouver Suites

OPUS Hotel

St. Regis Hotel

Westin Bayshore, Vancouver

Packages*†

Best Western Plus Chateau Granville Hotel & Suites & Conference Centre – From $159
Includes a delicious three-course dinner at 'The Edge Social Grille & Lounge' plus complimentary breakfast and free parking with your stay.

Coast Coal Harbour Hotel – From $159
Includes one night stay, three-course meal for two at the hotel, and free parking for one vehicle.

Coast Plaza Hotel & Suites – From $129
Includes a one-night stay, three-course meal for two at hotel, and free parking for one vehicle.

Comfort Inn Downtown Hotel – From $114
Includes a one night stay, and three-course dinner at Doolin's Irish Pub ($18 per person, total $36 for two adults).

Holiday Inn Vancouver-Centre – From $138
Includes three-course dinner for two at Stages Bistro & Lounge and overnight stay in a renovated guest room with lots of extras.

Metropolitan Hotel – From $199
Includes overnight stay, three-course meal for two in Diva at the Met and complimentary parking.

Pan Pacific Vancouver – From $239
Includes a one night stay, three-course meal for two at the hotel, complimentary valet parking, and 2pm late check out.

Pinnacle Hotel at the Pier – From $189
Includes stay in a mountain side or harbour view guestroom, three-course meal for two in the Lobby Lounge, parking and internet.

Radisson Hotel Vancouver Airport – From $106
Includes overnight accommodations, three-course meal at the hotel, complimentary overnight parking and wi-fi.

Sheraton Vancouver Wall Centre Hotel From $185
Includes overnight stay in an upgraded North tower deluxe corner room with one king size bed; and three-course meal for two at Café One.

The Sylvia Hotel – From $149
Includes overnight accommodations, three-course meal, parking, late checkout and welcome amenity.

Wedgewood Hotel & Spa – From $241
This romantic stay includes valet parking, European continental breakfast and dinner for two in Bacchus Restaurant & Lounge (with live entertainment).

***Other hotel offers available at tourismvancouver.com** All rates and packages are valid for stays during the Dine Out Vancouver™ Festival only (January 17 – February 2, 2014), are quoted before tax and fees, are per room, per night, based on double occupancy, and are subject to availability and change. All rates are quoted in Canadian funds. *†Dine Out Vancouver™ Festival dinner is for one night during the package stay.

VANCOUVER'S *Indulgence* SEASON
January - March

PRESENTED BY
TOURISM VANCOUVER

PREMIER SPONSOR
AMERICAN EXPRESS

Banana Leaf

award winning Malaysian cuisine

DINE OUT VANCOUVER 2014

$28 per person

SEVEN-COURSE TASTING MENU

WWW.BANANALEAF-VANCOUVER.COM

Reflect

social dining + lounge

Join us in Reflect for our decadent 3 course Dine out Vancouver Festival special for only $28

Featuring Grilled Sturgeon, Slow Braised Boneless Shortrib & Wild Mushroom Truffle Risotto

Reservations recommended.
Call Reflect direct at 604-639-3756 or visit www.opentable.ca

Hilton
VANCOUVER METROTOWN

6083 McKay Avenue | Burnaby, BC V5H 2W7
vancouvermetrotown.hilton.com
yvrvm-salesadm@hilton.com

DINE OUT™ WITH CACTUS CLUB CAFE

JANUARY 17TH - FEBRUARY 2ND

ENJOY OUR DELICIOUS THREE-COURSE MENU FOR $28.
FOR RESERVATIONS, PLEASE CALL PARTICIPATING RESTAURANTS.

1790 Beach Avenue | 604.681.2582 | englishbay@cactusclubcafe.com
588 Burrard Street | 604.682.0933 | bentall@cactusclubcafe.com
357 Davie Street | 604.685.8070 | yaletown@cactusclubcafe.com
855 Main Street | 604.922.1707 | parkroyal@cactusclubcafe.com

VIEW OUR MENU

WWW.CACTUSCLUBCAFE.COM

SOY-DIJON SALMON

ocean wise™ steelhead, whole grain barley, snap peas, shiitake mushrooms, soy butter sauce, grape tomatoes and cilantro.

CHEF ROB FEENIE

COMPLETE EVENT LISTINGS

	January 16	17	18	19	20	21	22	23	24	25	26	27	28	29	30	31	February 1	2
EVENT INDEX	A	B	D	D	K	H	N	G	D	D	D	X	H	N	G	G	D	D
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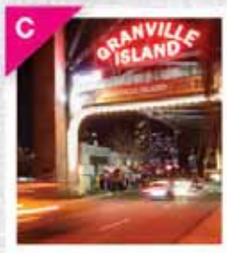
A

Act I, Eat 1: Gob Squad's Kitchen
January 16
This 'pre-eat' to Dine Out Vancouver™ Festival celebrates the heyday of Andy Warhol's Factory circa 1965.

B

Chef Soup Experiment
January 17
50 Chefs, 50 ingredients, one massively delicious soup. That's the plan anyway. Free.

C



Plated & Paired at the Public Market
January 17
A rare, after-hours opportunity to taste the best of Granville Island, Canadian dairy cheese and the Wines of British Columbia.

D

NIGHT CIRCUS
January 17, 18, 19, 24, 25, 26, 31, February 1, 2
Once in a great while something outlandish happens when a group of visionaries get inspired to create something audacious.

E

Jazz Out: Gary Smulyan Nonet
January 17, 18, 19
Jazz up your dinner with this New York City saxophonist.

F

Secret Supper Soirée
January 17, 18, 24, 25, 31, February 1
Vancouver's most unique culinary road trip sells out every year. Hop aboard this food-filled adventure and enjoy a dining experience like no other.

G

After 5 Tea Cocktail Service
January 17, 18, 23, 24, 30 31, February 1
High tea like you've never had it. Seriously.

H

HAWKSWORTH
RESTAURANT

Side Dishes – The Best of Hawksworth
January 18, 21, 25, 28, February 1
Join fellow adventurous food lovers for "The Best of Hawksworth".

I

OFF THE EATEN TRACK
culinary walking tours

East Van Craft Brew & Culinary Tour
January 18, 23, 24, 25, 30 31, February 1
Celebrate all things craft beer and food in this tasty tour of Vancouver's burgeoning brewery district.

J

WEST END Brunch Crawl

Brunch Crawl – West End
January 19
Vancouver's West End is the focus of this unique "Vancouver Foodster"-inspired Sunday morning brunch adventure.

K

6 COURSE DISCOURSE

Six Course Discourse
January 20
Six Vancouver chefs discuss what's on their mind in this "Follow Me Foodie"-curated experience.

L

Thai
URBAN BISTRO

Food for Thought – Urban Thai Bistro
January 21
Awaken the senses with an array of music fashion and Thai tapas.

Visit us online to browse and book these events. dineoutvancouver.com

DINE OUT. NIGHT OUT.

GET OUT THE VOTE!

REPEAT

M

Craft Pizza Meets Craft Beer
January 21, 22
Create your own flatbread craft pizza and drink local craft beer. Need we say more?

N

Food-tography: A Culinary Photography Tour
January 21, 22, 23, 24, 28, 29, 30, 31
Who doesn't love to take pictures of their food? Learn to do it like a pro!

O

Act 1, Eat 1: L.A. Party
January 22
William Shatner "speaks" about science and art via Star Trek video clips.

P

OFF THE EATEN TRACK
culinary walking tours

Main Street Resto & Cocktail Tour
January 22, 23, 24, 29, 30, 31
Get the inside taste on one of Vancouver's oldest neighbourhoods in this delicious journey.

Q

Film Feast – Jiro Dreams of Sushi
January 22, 28
Join the Shangri-La Hotel on a culinary journey to Japan in this inspirational pairing of four-course dinner and a movie.

R

Street Food City III
January 22, 23, 24, 25, 26
Take a midday break to sample from a huge collection of food trucks at Vancouver's original Street Food festival!

S

Act I, Eat 1: Measure for Measure
January 22, 29
"Some rise by sin, and some by virtue fall". And we all love a Shakespeare play and dinner at Siena for all!

T

Dinner at the Birdcage
January 23
"Dinner and a show" goes glam in this re-interpretation of a cult classic drag cabaret.

U

Soirée Lounge

Food for Thought – Soiree Lounge
January 23
Awaken the senses with this interesting combination of tapas, music and art.

V

The Snowshoe Fondue
all you need is cheese

The Snowshoe Fondue
January 24
What's a winter food festival without a snow-shoe trek and an "all you need is cheese" fondue to follow?

W

EAST SIDE Brunch Crawl

Brunch Crawl – East Side
January 26
Vancouver's East Side neighbourhood is the focus of this unique "Vancouver Foodster"-inspired Sunday morning brunch adventure.

X

YEW seafood + bar
Modern. Coastal. Social.

All "YEW" Need is Cheese
January 27
Cheese It's all about the cheese… at YEW Restaurant + Bar at Four Seasons Vancouver Hotel.

Y

Brunch Crawl – East Side
January 26
Vancouver's East Side neighbourhood is the focus of this unique "Vancouver Foodster"-inspired Sunday morning brunch adventure.

Z

Dough Goes Local
January 28
Organic sprouted grains are the basis for this dough demo, talk, wine tasting and nibbling event.

AA

THAI HOUSE RESTAURANT

Food for Thought – Thai House Kits
January 28
Awaken the senses with art, fashion and Thai tapas.

BB

Act I, Eat 1: Have I No Mouth
January 30
An achingly intimate work that balances on a knife's edge between comedy and trauma.

CC

Jazz Out: Weeds/ Minemoto Quartet
January 30, 31, February 1, 2
Jazz up your dinner with the music of The Max Roach and Clifford Brown Quintet.

DD

The Grape Debate
January 31
All bets are off in this head-to-head debate on a key issue facing the British Columbia wine industry. All is resolved with the wine tasting that follows!

EE

Palate Promenade – Granville Island
February 1
Discover something new as you taste and tour your way around Granville Island.

PRESENTED BY

TOURISM VANCOUVER

DINE OUT VANCOUVER FESTIVAL

PREMIER SPONSOR

AMERICAN EXPRESS

FESTIVAL PARTNER

WINES OF BRITISH COLUMBIA

DINE OUT VANCOUVER FESTIVAL

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*Details at dineoutvancouver.com

TOURISM VANCOUVER

AMERICAN EXPRESS

Chefs of Tourism Vancouver's 2013 Dine Out Vancouver™ Festival.

Dine Out Vancouver™ Festival – A History

Twelve years ago, a group of food and wine enthusiasts got together with the team at Tourism Vancouver and pitched an idea of a fixed price menu deal to get people out and into restaurants during a normally slow time of the year. Fifty-seven restaurants jumped on board and from that stellar yet humble beginning, Dine Out Vancouver™ grew into Canada's largest restaurant festival – and now features 263 restaurants, a full schedule of culinary-themed events and a hotel room campaign that gives local and visiting foodies an opportunity to taste the best flavours of the city.

Along with premier sponsor American Express, festival partner The Wines of British Columbia, and our supplier and media partners, Tourism Vancouver is proud to continue to showcase Metro Vancouver restaurants, as well as the many different culinary experiences that only a city like ours can offer: everything from dinner-and-a-drag-show and snowshoe fondue, to neighbourhood brunch crawls and lunch-hour food truck fests.

Vancouver's multicultural influences, along with immediate access to fresh ingredients from the ocean and valleys and fields, lend to our stature as one of the world's greatest restaurant cities. Vancouver's culinary future is bright and we're thrilled to share and shine the spotlight.

Thank you for your support.

PRESENTED BY TOURISM VANCOUVER

PREMIER SPONSOR AMERICAN EXPRESS

FESTIVAL PARTNER WINES OF BRITISH COLUMBIA

SUPPLIER PARTNERS all you need is cheese; OneCoffee Organic Single Serve Coffee

MEDIA PARTNERS metro; where Vancouver; westernliving; BCLiving; OpenTable

Getting to know TV stars

Metro caught up with a few of the actors who will be on your tube this winter.

Hawaii Five-0

Grace Park of Hawaii Five-0

Which TV cop duo or team would you most like to partner up with?
Poncho from CHiPs.

You're stranded on a deserted island – what's the one thing you would bring?
LOST DVD set.

Favourite Canadian travel destination? Favourite Canadian travel memory?
Whistler, Tofino and B.C. camping.

ON GLOBAL ON FRIDAY – 9PM ET/PT

NCIS: LA

Eric Christian Olsen of NCIS: LA

Which TV cop duo would you most like to partner up with?
CHiPs. 'Cause four wheels move the body, two wheels move the soul.

Pick a personal theme song...
Going to California by Led Zeppelin

Favourite Canadian travel destination?
Montreal, Toronto and Vancouver.

ON GLOBAL JANUARY 14 – 9PM ET/PT

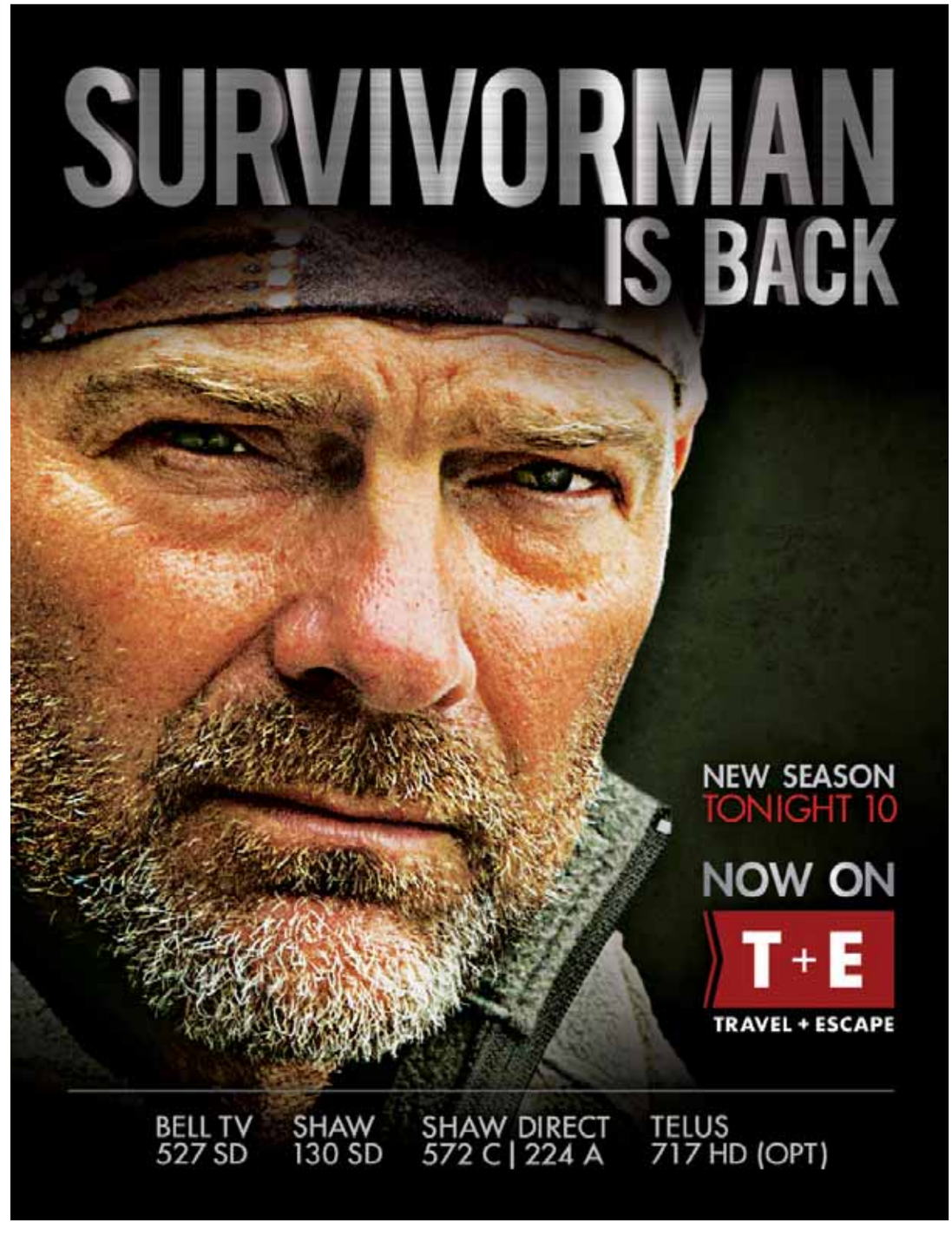
Chicago PD

Sophia Bush of Chicago PD

Who's your dream buddy cop?
I have a pretty serious obsession with Woody Harrelson's work. And he's playing a cop on his new show. I'd love to trade thoughts with him!

Favourite all-time cop show or movie theme song?
The theme song to Dragnet. Hands down.
If I was a cop for a day I'd be most excited to ____
Flip the sirens on. A lot.

ON GLOBAL ON WEDNESDAY – 10PM ET/PT



skilled immigrant infocentre

Vancouver Public Library Central Library
350 West Georgia Street
Phone: 604-331-3624
Web: skilledimmigrants.vpl.ca

Employment information for career decisions
A free service for immigrants to British Columbia

Vancouver Public Library

We acknowledge the financial support of the Province of British Columbia through the Ministry of Education

Canada
Funded by the Government of Canada's Foreign Credential Recognition Program

Evan Peters and Emma Roberts ALL PHOTOS GETTY IMAGES

American Horror Story co-stars to wed — despite domestic abuse arrest

Evan Peters reportedly proposed to his American Horror Story co-star and girlfriend, Emma Roberts, over the holidays in New York before heading off to London for New Year's, according to People magazine.

The couple returned to the U.S. this week, with Roberts sporting a diamond on her ring finger.

Roberts, who has been dating Peters since 2012, was arrested on domestic violence charges last year after an incident that left Peters bloodied, though she was released a few hours later after he refused to press charges.

METRO DISH

OUR TAKE ON THE WORLD OF CELEBRITIES

The Word

Twilight's Lutz on those Miley rumours

MEREDITH ENGEL
Metro World News

Ever since being spotted together at Beacher's Madhouse MGM around New Year's, The Legend of Hercules star Kellan Lutz has been linked with the world's most famous twerk monster, Miley Cyrus. But is there any truth to that rumour? We spoke to Lutz, who set the record straight.

"I adore the girl, and people assume stuff just because you're photographed at a party with multitudes of celebrities and public figures," he says.

"But the gossip and all these rumours that insiders say, they're funny because I don't look at these tabloids. ... I'm like, 'Where do people come up with this?' It's like people can just say 'insiders said' and then they can cover their butts that way. But no, she's an awesome girl and a really good friend."

So, folks, time to put away those fantasies of a tongue-wagging vampire baby.

Bell takes a progressive approach to parenting

Kristen Bell is keeping a pretty progressive outlook when it comes to parenting 10-month-old daughter Lincoln, especially when it comes to sex.

"People ask, 'Oh, well you've done some sexy material. Do you want her to see that?' And I'm like, 'My guess is if she's anything like the other five billion people on the planet, she's going to grow up and enjoy sex, so I'm not going to be shocked by that,'" Bell tells Chelsea Lately.

"I just think you're setting yourself up for disaster if you try to keep them little. She's going to grow up. She has — newsflash — a vagina, and she's going to figure it out one day, and more power to her."

Twitter

@samantharonson
Tried to be a human being and went to sleep before midnight, now I'm wide awake. Is this what you guys do? Now what?

@DanaDelany
lost 150 followers with Twitter update. Weird. Anyone else?

@SteveMartinToGo
I'd like to apologize for calling Polar Vortex winter. It's actually more of a spring.

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Tulum's beach on the Riviera Maya in Mexico features not only beautiful sand but pure, aquamarine waters and the ruins of an ancient Mayan village. JIM BYERS/METRO

Tell the snow where to go

And say hello to sand. Thaw the winter chill with an overview of some great beaches

JIM BYERS
@jimbyerstravel
jimbyerstravel.com

What with ice storms and snow and cold snaps, we could all use a bit of sand and surf right about now.

Here's a look at eight of my favourite beaches in North America and the Caribbean.

Trunk Bay, St. John, U.S. Virgin Islands

Perhaps the prettiest beach I've ever seen, with incredible water and even an underwater snorkelling trail you can follow. There's hardly a building in sight, the water is calm and there are great views of the British Virgin Islands.

Napili Beach, Maui, Hawaii

A perfect crescent of soft sand on a beach where no building can go more than two stories high. Safe for kids at the north end and decent bodysurfing at the south end, plus awesome views of nearby Molokai and killer sunsets.

Miami

Yeah, this is an obvious, easy one. But how can you resist the pretty people and great bars and the luscious Art Deco architecture? Try the SoHo Beach House for an artsy hotel stay or strut your stuff on Haulover Beach, one of the few legal nude beaches in the U.S.

Sugar Beach, St. Lucia

It's not big but it's flanked by glorious, jungle-clad, deep green outcroppings of rock called The Pitons. There's a great snorkelling reef that's a UNESCO heritage site.

Tulum, Mexico

If you get tired of checking out the pretty, young people cavorting in the aquamarine water, you can gaze at the lovely rock formations or soak in the view of Mayan ruins overlooking the sea.

Valley Church, Antigua

The soft, white sand goes on for a good long while and the beach is flanked by pretty green hills dotted with vacation homes. There's a nice beach bar called The Nest.

Capitola, California

I once called this village the best California surf town The Beach Boys never sang about. There's a pier for viewing sea lions or surfers and several rows of colourful homes right on the sand.

Hanalei Beach, Kauai, Hawaii

A gorgeous, long stretch on the north coast. It can be rainy here but the views of the nearby mountains are glorious. The beach was featured in the movie The Descendants with George Clooney. I don't think you'll see him, but hope springs eternal, doesn't it?

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How to take that epic, round-the-world trip

Tired of doing the same thing day after day? Wish you could pack it in and spend 2014 exploring the far corners of the world? With a little bit of planning, taking a travel sabbatical is possible.

ON THE MOVE
Loren Christie
life@metronews.ca

Set the date

Put a concrete departure date on the calendar. Give yourself an extra psychological push by tying it to a life event like a milestone birthday or work anniversary. Discuss your plans with family, friends and colleagues. This will help make them feel real and you will get valuable input on your trip planning. Building support can help keep you from wimping out.

Work it out at work

It would be nice if every employer offered sabbatical programs, but the truth is they are few and far between. If no explicit policies exist try to negotiate an unpaid leave of absence. Have the conversation with the boss and explain how your year off will benefit the workplace upon your return. Give lots of notice and offer to train up your replacement. You may have to end up quitting, but make sure that you do it respectfully and leave with a good reference.

Don't break the bank

It's hard to save enough to cover a missing salary, but try. Cut your expenses as much as possible. Consider a side income while you are gone; rent your house or condo, sell your car or consider doing some part time or casual work while you are gone. Train yourself up to teach English abroad or make sure you are spending time in a country where you might be allowed to work part time in your own field. Also consider saving money by house, pet or baby-sitting while on the road.

Have kids? Bring 'em

Writer Heather Greenwood Davis recently took a year off with her family of four. According to @greenwooddavis, "My kids missed grades 2 and 4 when we traveled. We can't replace that and we didn't try to replicate it on the road. Instead what my kids got out of our year of travel was a different education. Parts of what they learned will affect their education in high school, in university and onwards. On top of that it has also affected their social abilities, their confidence and how they relate to the news they get on the playground."

Heather Greenwood Davis and family.
TORSTAR NEWS SERVICE FILE

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Artists get ready to chill in Edmonton

Ice on Whyte.
Festival showcases the beauty and challenge of ice sculpting

An icy motorcycle — guaranteed to be a cool ride — sits on display at a past Ice on Whyte festival. THE CANADIAN PRESS

Later this month, 10 teams will chip, chisel, and chain-saw their way to glory in the ice sculpture competition at Ice On Whyte, one of Alberta's premier winter festivals.

According to sculptor and Ice on Whyte competitor Delayne Corbett, the key to shaping ice is recognizing and adapting to the fact that the frozen water is actually controlling you.

"You can't be set on a single idea because you're working with a medium that is constantly changing," said Corbett, a Vancouver resident who is on one of the 10 two-person teams in the professional category.

If the weather is too warm, the ice is sloppy and melts. If it's too cold, a slight spritz of water could cause it to crack. An ornate overhang on a sculpture that works in -1 C falls apart when the temperature ticks one degree above zero.

"I push the limits as far as I can," said Corbett, who also works in sand, concrete, stone, clay and other media. "You kind of know when you get to that breaking point, when you just hear that subtle sound vibration (in the ice)."

The carvings are judged in a number of categories, including artistry and difficulty, but Corbett said the decision is made on more of a gut level.

"It's the wow factor," he said. "You step back and go, 'How the heck did they do that?' That's usually what wins the competition."

The carvers will begin work at 6 a.m. on Friday, Jan. 24 and carve for 36 hours over three days with judging taking place on Sunday afternoon.

The festival, now in its 11th year, is just off Whyte Avenue in Edmonton's Old Strathcona arts district.

THE CANADIAN PRESS

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Luxury meets ease: Bacon-Wrapped Scallops

Appetizer. What do you do if unexpected guests pop up at your door? Serve this super simple dish

Bacon-wrapped scallops are one of the most luxurious appetizers you can serve, not to mention one of the easiest to prepare.

Because there are only two main ingredients in this dish, you need to make sure you use the best quality — the biggest, freshest sea scallops you can find, and the most flavourful bacon. After that, they are so easy to grill that you hardly need a recipe.

There are two types of scallops, but only one of them is appropriate for the grill.

Tiny bay scallops are so sweet, you can eat them raw or just lightly sautéed. But they also are more expensive and not suited for grilling. What you want are the larger, less expensive sea scallops.

This all-protein finger food appetizer is perfect for entertaining. It's simple to prep and quick to cook. You even could prepare them in advance.

Pre-cook the bacon to render some of the fat and make it soft and pliable for wrapping around the scallops. Then just refrigerate until your guests arrive and pop them on the grill when you want them.

They pair well with a simple maple-mustard sauce that is delicious dolloped on top of the scallops just before serving.

Ingredients

- 2 tbsp whole-grain mustard
- 2 tbsp maple syrup
- 1 lb jumbo sea scallops
- 1/2 lb centre-cut bacon
- Salt and ground black pepper
- Round wooden toothpicks, soaked in water for 30 minutes

1. Heat the oven to 400 F. Set a wire rack over a rimmed baking sheet. Heat the grill to medium-high.

2. In a small bowl, mix together the mustard and maple syrup. Set aside.

3. Use paper towels to blot dry the scallops. Arrange them on a plate, then set aside.

Cooking tip

The scallops take very little time to cook, so you can cook the bacon in the oven or microwave for a couple of minutes before you wrap it around the scallops. That way, you are guaranteed to get crispy bacon and tender scallops.

4. Arrange the bacon in a single layer on the rack over the baking sheet. Bake for 10 to 12 minutes, or until just starting to cook. Do not fully cook the bacon. Remove the bacon from the oven. If too hot to handle, let cool for several minutes. Once the bacon can be handled, wrap one slice of bacon around each scallop. Secure in place by threading one of the toothpicks through the bacon and scallop.

5. Use a pastry brush to lightly brush the tops and bottoms of the scallops with bacon fat from the pan. Season with salt and pepper. Grill for 2 to 3 minutes per side. Serve with the sauce for dolloping a bit onto each. THE ASSOCIATED PRESS/ ELIZABETH KARMEL, AUTHOR OF SOAKED, SLATHERED AND SEASONED.

This recipe makes 12 to 14 scallops. MATTHEW MEAD/ THE ASSOCIATED PRESS

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Time to throw in the towel, old-timer?

The 'lump of labour' theory. Will a surge of older workers take jobs from the young? Economists say the opposite is true

Who's going to dominate the future workforce? ISTOCK

It's an assertion that has been accepted as fact by droves of the unemployed: Older people remaining on the job later in life are stealing jobs from young people. One problem, many economists say: It isn't supported by a wisp of fact.

"We all cannot believe that we have been fighting this theory for more than 150 years," said April Yanyuan Wu, a research economist at the Center for Retirement Research at Boston College, who co-authored a paper last year on the subject.

The commonly accepted vision of a surge of workers looks like this: A young post-doctoral student dreams of a full-time teaching job at their university, but there are no openings. An 80-something professor who has remained on the job long past what's considered "normal" retirement is blamed.

The problem with that vision is that there are probably full-time teaching positions available elsewhere, or the person blocking the young grad student from the job is only 40 years old, economists say. Further, the veteran professor's decision to stay employed and productive may stir other job growth. He may bring research grants to his university allowing for other hiring, may take on assistants, and may be able to dine out and shop and fuel the economy more than if he weren't on the job.

None of that would have happened had he retired.

The theory Wu and other economists are fighting is known as "lump of labour," and it has maintained traction in the U.S., particularly in a climate of high unemployment. The theory dates to 1851 and says if a group enters the labour market — or in this case, remains in it beyond their normal retirement date — others will be unable to gain employment or will have their hours cut.

THE ASSOCIATED PRESS

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Dental hygiene Wednesday, Jan. 8, 5 p.m. – room 501	Downtown
Dental technology Friday, Jan. 24, 4:30 p.m. – room 330	Downtown
Drafting technician Thursday, Jan. 16, 4 p.m. – room 718 Tuesday, Jan. 28, 4 p.m. – room 718	Downtown Downtown
Jewellery art and design Friday, Jan. 24, 1:30 p.m. – room 160	Downtown
Music Tuesday, Jan. 14, 4:15 p.m. – room 3228	Broadway

Downtown campus
located at 200-block Dunsmuir at Hamilton, two blocks west of Stadium SkyTrain station.

Broadway campus
located at 1155 East Broadway, one block west of Clark Drive, across from VCC/Clark SkyTrain station.

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Get tough and drop those pounds

Resolutions. Bold and controversial strategies to get fit and healthy for the new year

Fat Loser! Mental Toughness Training for Dieters, by Steve Siebold, is a book filled with 101 bold (and somewhat controversial) strategies to help anyone struggling with weight loss get fit and healthy once and for all. Siebold's top weight loss resolutions include:

Comply or die: Imagine informing your spouse you have been 99 per cent faithful in your marriage. You wouldn't be shocked at the incredulous reaction, yet we have been brainwashed to believe diets are different. They aren't. Success with your diet means 100 per cent commitment, which is why most people don't succeed.

Stop waiting to be rescued: Stop waiting for the drug company's magic pill. Stop waiting for your doctor to scold you. Stop waiting for the government to save you. No one is coming to the rescue. You aren't a child and it's time to stop eating like one. No one but you can save yourself from being fat.

Stop socializing with fat people: This is one of Siebold's most controversial strategies — who wants to be told to avoid good friends just because of what they weigh? The reality is that fit people aren't better than fat people. Yet consciousness is contagious. The more you listen to fat people complain about the difficulties of dieting and working out, the more you will descend to their level of thinking. Be around fit people.

Grow up emotionally: Get brutally honest and begin to see yourself through the eyes of objective reality — that is, how you really look as opposed to how you wish you looked. This can be a bitter pill to swallow. But once you do it, the emotional burden of being fat will begin to fade. Emotional maturity, fitness and better health can begin to take shape instead.

Expect to pay the price: There is a price to pay if you want to get fit. No one gets a free ride, and no one negotiates their way out of doing the work and enduring the pain. You are already paying the price for being overweight, so pay the price one time to become a fat loser — the good kind — and reap the rewards permanently.

Siebold says that, considering all the information available on the threats of obesity, it's time to stop being stupid, stop playing Russian roulette, wise up, get tough and be an example to other fat people instead of a cautionary tale.

While his message is tough, he speaks from personal experience and is a former pro athlete who turned into what he calls a "fat tub of lard." He lost all the weight and today is in the best shape of his life and has a goal of ending the obesity epidemic worldwide. For more, visit fatloser.com.

METRO NEWS SERVICES

No one but you can save yourself from being overweight, according to author Steve Siebold. COLOURBOX

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Rev up the romance in your relationship

The holidays tend to be stressful and busy, leaving little time and energy for romance and intimacy. According to a recent K-Y survey, 54 per cent of Canadians have experienced a sexual dry spell. Whether you are in your 20s or 50s, start the year off right by reconnecting with your partner.

Relationship expert Josey Vogels suggests these ideas.

Prioritize: Put your relationship first and make each other a priority. With the hassles of everyday life it's easy to take your partner for granted. Make sure you both know how important you are to one another by complimenting each other whenever possible.

Communicate: Work on your communication by not only listening to your partner but also speaking up. Stop worrying about being right and really listen to what your partner is saying. Encourage open dialogue between each other by dedicating one day a week to share your sexual needs, desires and frustrations.

Take time to reconnect with your partner this year. COLOURBOX

Be affectionate: Being more affectionate can increase feelings of intimacy. Even if it's brief, holding hands, cuddling before bed or kissing hello and goodbye can have tremendous health benefits and build feelings of connectedness between couples.

Play together: Instead of turning on the TV, dust off Monopoly or pull a deck of cards out and have a game night to create those feelings of connectedness.

Be adventurous: When you first started dating everything was new and exciting but after years, or decades, things become pretty routine. Step out of your comfort zone by trying something new together.

METRO NEWS SERVICES

Check list. Keep it simple this year

To help you keep your new year's resolutions, consider this advice from Dr. Prakash Masand, a psychiatrist who is president of Global Medical Education and a former consulting professor of psychiatry and behavioural sciences at Duke University.

Masand's top reasons why individuals do not keep their new year's resolutions include:

1. Too many resolutions — keep it simple.
2. Resolutions are too abstract — make it tangible.
3. Not concrete enough — make it measurable.
4. Too ambitious — take small steps to achieve goals.
5. No accountability — share your list with friends and family.
6. No charting of progress — keep a to-do list for goals.
7. No willpower — keep believing in yourself.
8. Not enough carrots — reward yourself for success.
9. Easily give up — failure is inevitable, push forward.

METRO NEWS SERVICES

Share your list of new year's resolutions with family or friends so you can be accountable. COLOURBOX

Mental health check

Dr. Prakash Masand, a psychiatrist who is president of Global Medical Education, offers this advice to improve your mental health.

- Get enough sleep.
- Indulge in alcohol or caffeine only in moderation.
- Take medications as prescribed.
- Exercise for 30 minutes at least three times a week.
- Schedule some fun activities at least once a week.
- Reconnect with friends and family.
- Try harder to forgive.
- Try to look at the brighter side of things even if it might be difficult.
- Remind yourself of your resolutions every night at bedtime.

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Cleaning up the 'dog's breakfast'

Sochi bound. Hamhuis recovered from difficult start to season to be named to Team Canada

CAM TUCKER
cam.tucker@metronews.ca

It was the wake-up call Dan Hamhuis was hoping for, only his phone had been turned off.

On Tuesday, the Vancouver Canucks defenceman was named to Canada's Olympic hockey team during a televised announcement from Toronto.

He said he received a phone call from Red Wings general manager Ken Holland, also involved with Hockey Canada's Olympic management team, bright and early around 7 a.m. PT.

There was, apparently, no conversation between the two. Only a voicemail passing along the good news.

"Going to bed last night, I couldn't sleep very well," said Hamhuis after the Canucks' morning skate at Rogers Arena, ahead of Tuesday evening's game against the Pittsburgh Penguins.

"So instead of waiting for the ring in the morning, I shut my phone off."

Locally, it was the feel-good story of the highly-anticipated and much-hyped event.

Hamhuis, 31, got off to a horrendous start this season.

There were giveaways, sudden slips on the ice with no one else around him and one instance in which he accidentally played the puck into Roberto Luongo's feet and into the net for an own-goal.

After a game in December, Vancouver's head coach John Tortorella, comparing the night-and-day improvement in Hamhuis's game over a roughly two-month period, referred to the defenceman's play from earlier in the season as a "dog's breakfast."

This from a player who was invited to Canada's summer Olympic orientation camp, a player who has represented the nation at world junior championships and world championships, and had been solid on Vancouver's blue-line since he arrived here in 2010, and earlier in his career when he played in Nashville.

"I probably didn't get off to the start I wanted to early on in the season," said Hamhuis, of Smithers, B.C.

He has once again become that solid left-handed blueliner, logging heavy minutes.

It helps that he shoots left. Canada's team has an even distribution of four left-shooting defencemen and four right-shooting defencemen.

"Hopefully that works out well for me and I get a chance to contribute on the ice," Hamhuis said.

Dan Hamhuis, of Smithers, B.C., was chosen to represent Canada at the Olympics in Sochi, Russia. GETTY IMAGES FILE

Canada's 25-man roster

Goalies. Roberto Luongo, Carey Price, Mike Smith.

Defencemen. Jay Bouwmeester, Drew Doughty, Dan Hamhuis, Duncan Keith, Alex Pietrangelo, P.K. Subban, Marc-Edouard Vlasic, Shea Weber.

Forwards. Jamie Benn, Patrice Bergeron, Jeff Carter, Sidney Crosby, Matt Duchene, Ryan Getzlaf, Chris Kunitz, Patrick Marleau, Rick Nash, Corey Perry, Patrick Sharp, Steven Stamkos, John Tavares, Jonathan Toews.

Between the pipes

Luongo focused on regaining health ahead of Winter Games

Roberto Luongo, provided he's healthy, will represent Canada at the Winter Olympics for a third time.

Luongo, the Vancouver Canucks goalie who is currently dealing with an ankle injury, was named to Canada's men's Olympic hockey team on Tuesday morning.

Canada's puck stopper in that gold-medal performance four years ago, Luongo first sustained a groin ailment prior to the NHL's holiday break and is now dealing with an ankle injury suffered in Saturday's loss to the L.A. Kings.

Roberto Luongo
GETTY IMAGES FILE

However, it was reported Monday that the longest Luongo will likely be out is a seven to 14 days, as per hockey reporter Renaud Lavoie.

"At the end of the day my main goal is to get healthy and play for the Canucks," Luongo said.

While Luongo's appointment to this roster was not a surprise, whether or not he's the starting goaltender in Sochi still remains to be seen.

Carey Price of the Montreal Canadiens and Mike Smith of the Phoenix Coyotes were also named to the team.

"At this point it's about representing Team Canada and everybody's going to have a role," said Luongo.

CAM TUCKER/METRO

Canucks collapse in third vs. Penguins

The Canucks' Zack Kassian, right, checks Matt Niskanen of the Penguins on Tuesday night at Rogers Arena. DARRYL DYCK/THE CANADIAN PRESS

The Vancouver Canucks looked like they had this one.

A seldom-seen offensive outburst in the third period suddenly gave Vancouver a 4-2 lead after trailing by two goals early in the second period.

But, in what has become a theme with this team, the Canucks couldn't close this one out. Instead, they gave up a two-goal lead with 1:15 remaining in regulation time and lost 5-4 in the shootout to the visiting Pittsburgh Penguins at Rogers Arena.

On Tuesday

5	4
Penguins	Canucks

Sidney Crosby scored the winner in the skills competition.

He also tied the game at four goals apiece with 55 seconds remaining in the third period, only 16 seconds after his teammate Kris Letang pulled the Penguins to within a goal.

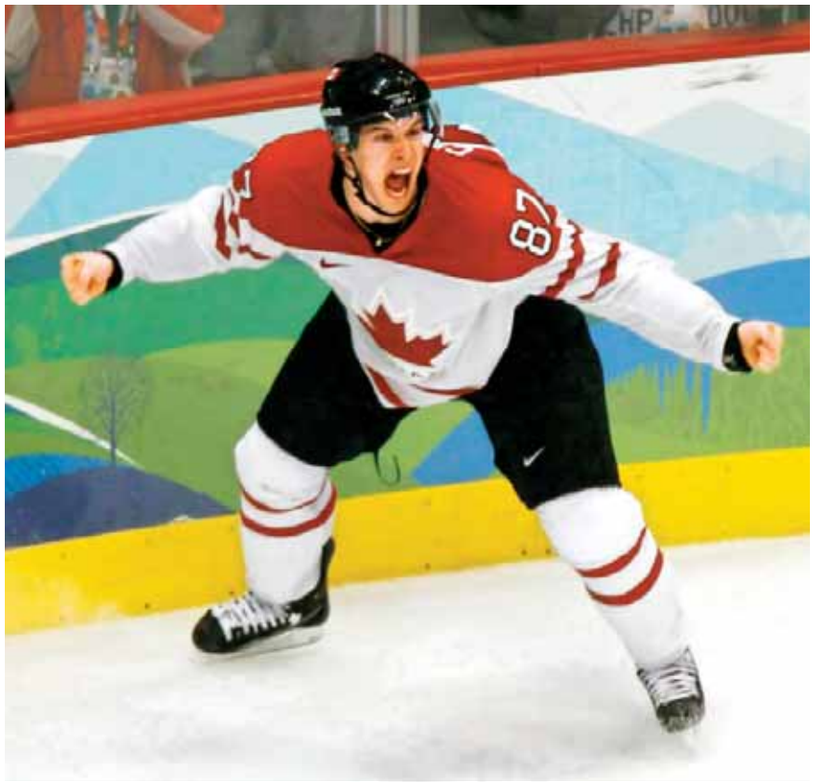
The Canucks entered the third period trailing by a goal.

But they got goals of their own from Chris Tanev, Chris Higgins and Zack Kassian to take what looked to be a commanding lead.

It ended in defeat.

The Canucks have now lost five in a row, and are without a win to begin 2014.

CAM TUCKER/METRO



Sidney Crosby celebrates his game-winning goal against the United States at the 2010 Olympics in Vancouver on Feb. 28, 2010. The Penguins captain, who returned Tuesday to the rink where he scored the historic goal, will once again play for Team Canada at the Sochi Games. PAUL CHIASSON/THE CANADIAN PRESS

Crosby returns to spot of his Golden Goal as Sid the Man

NHL. Pens captain looks forward to Sochi ahead of clash with Canucks

CAM TUCKER
cam.tucker@metronews.ca

It was hardly a shock when Sidney Crosby's name was called.

The Golden Goal hero of the 2010 Olympics in Vancouver, Crosby was named to Canada's men's hockey team at the roster unveiling Tuesday morning.

If there was ever a lock to make this team destined for the 2014 Sochi Olympics, it was Crosby, so long as he remained healthy.

The roster announcement out of Toronto coincided with Tuesday evening's NHL game between the Vancouver Canucks and Pittsburgh Penguins. It marked the first time Crosby played at Rogers Arena — it was Canada Hockey Place during the Olympics — since that fateful afternoon in February of 2010.

How is that for perfect timing?

"I think in anticipation, you definitely get excited. I think I'm just as excited as everyone else," Crosby told a massive group of reporters.

"Everyone talks about how you kind of expect to be there, but honestly it doesn't get old … and the appreciation and being proud to represent your country, it's the same for everybody."

Hockey Canada's Olympic management group and coaching staff has not named a captain for this year's team, although it's a good bet Crosby's at or near the top of the list of candidates.

"Just looking back to 2010, seeing guys like (Chris Pronger, Scott Niedermayer and Jarome Iginla) and the way they led our team, but it would be a great honour," said Crosby.

Canadian leaders

"Just looking back to 2010, seeing guys like (Chris Pronger, Scott Niedermayer and Jarome Iginla) and the way they led our team … it would be a great honour."

Team Canada selection Sidney Crosby on the possibility of being named team captain

NBA

Ginobili drives Spurs past Grizz

Manu Ginobili scored on a driving layup with 1.8 seconds left in overtime to lift the San Antonio Spurs to a 110-108 victory over the Memphis Grizzlies Tuesday night. Mike Conley had an opportunity to win the game, but his 25-foot 3-point attempt fell short.

THE ASSOCIATED PRESS

Skiing

Decision to sit out Sochi leaves Vonn 'devastated'

Lindsey Vonn will miss the Sochi Olympics because of a right knee injury, leaving the Winter Games without one of its biggest stars.

The 29-year-old skier announced her decision Tuesday, exactly one month before the opening ceremony in Russia. Her publicist, Lewis Kay, said in a statement Vonn will have surgery "shortly."

In a Facebook post, Vonn said she is "devastated" to miss the Olympics, "but the reality has sunk in that my knee is just too unstable …"

THE ASSOCIATED PRESS

NFL playoffs. Seahawks D-men 'want to be the best in history': Maxwell

As the newest starter in the Seattle Seahawks secondary, cornerback Byron Maxwell had plenty of time earlier in his career to be an observer.

What he noticed about his teammates on the back end of Seattle's defence was a desire to be great in practice that transferred to the playing field.

"Guys around here they just want that. They want it. They want to be successful. They want to be great," Maxwell said. "You've got two dudes who argue, Earl (Thomas) and (Richard Sherman). They go at it. They're passionate about it. They want to be the best in history."

Seattle finished the regular season with the best pass defence in the NFL and one of the best in the past decade. They gave up 172 yards passing per game, grabbed 28 interceptions and had an opponent passer rating of 63.4, one of just 15 teams since 2000 to hold opposing passers to a rating of 65.0 or less.

The Seahawks' best performance came in Week 13 against New Orleans, holding Drew Brees to one of the worst games in his career in Seattle's 34-7 blowout victory. Brees threw for just 147 yards in the loss, the fewest for him in any game since the 2006 season.

Cornerback Richard Sherman leads a fearsome Seattle defence.
OTTO GREULE JR/GETTY IMAGES

Now comes the challenge of duplicating that success in Saturday's NFC divisional playoff game against the Saints, knowing that Brees, coach Sean Payton and the rest of the Saints offence will try to counter what Seattle does so well.

"You look at the coverage they play, and even in their zone, the coverage is outside and in a lot of cases it's bump-and-run," Brees said. "So it's the style of defence that they play and thrive on."

THE ASSOCIATED PRESS

NHL

EASTERN CONFERENCE

ATLANTIC DIVISION

	GP	W	L	OL	GF	GA	Pt
Boston	42	28	12	2	124	89	58
Tampa Bay	43	26	13	4	123	102	56
Montreal	44	25	14	5	114	103	55
Detroit	43	19	14	10	114	121	48
Toronto	44	21	18	5	122	132	47
Ottawa	44	19	18	7	126	141	45
Florida	43	16	21	6	102	136	38
Buffalo	42	12	26	4	74	118	28

METROPOLITAN DIVISION

	GP	W	L	OL	GF	GA	Pt
Pittsburgh	44	31	12	1	142	103	63
Philadelphia	43	22	17	4	114	118	48
Washington	42	20	16	6	128	128	46
Carolina	43	18	16	9	105	124	45
N.Y. Rangers	44	21	20	3	108	119	45
New Jersey	44	17	18	9	103	113	43
Columbus	43	19	20	4	117	126	42
N.Y. Islanders	45	16	22	7	124	149	39

Tuesday's results
Nashville 3 San Jose 2
N.Y. Islanders 5 Toronto 3
Philadelphia 3 New Jersey 2 (OT)
Phoenix 6 Calgary 0
St. Louis 5 Edmonton 2
Tampa Bay 4 Winnipeg 2
Carolina at Buffalo (ppd., storm)
Boston at Anaheim
Pittsburgh at Vancouver
Minnesota at Los Angeles
Monday's results
Calgary 4 Colorado 3
Columbus 4 N.Y. Rangers 3 (SO)
Montreal 2 Florida 1
N.Y. Islanders 7 Dallas 3
Wednesday's games — All Times Eastern
Montreal at Philadelphia, 7:30 p.m.
N.Y. Rangers at Chicago, 8 p.m.
Ottawa at Colorado, 9:30 p.m.
Thursday's games
Dallas at New Jersey, 7 p.m.
Toronto at Carolina, 7 p.m.
Florida at Buffalo, 7 p.m.
Washington at Tampa Bay, 7:30 p.m.
Anaheim at Nashville, 8 p.m.
St. Louis at Calgary, 9 p.m.
Minnesota at Phoenix, 9 p.m.
Boston at Los Angeles, 10:30 p.m.
Detroit at San Jose, 10:30 p.m.

WESTERN CONFERENCE

CENTRAL DIVISION

	GP	W	L	OL	GF	GA	Pt
Chicago	45	29	7	9	167	124	67
St. Louis	42	30	7	5	155	97	65
Colorado	42	26	12	4	123	108	56
Minnesota	44	22	17	5	106	113	49
Dallas	42	20	15	7	123	131	47
Nashville	44	19	19	6	105	131	44
Winnipeg	46	19	22	5	125	139	43

PACIFIC DIVISION

	GP	W	L	OL	GF	GA	Pt
Anaheim	44	31	8	5	146	111	67
San Jose	44	27	11	6	144	114	60
Los Angeles	43	26	13	4	113	89	56
Vancouver	44	23	13	8	117	108	54
Phoenix	42	21	12	9	129	127	51
Calgary	43	15	22	6	100	137	36
Edmonton	46	14	27	5	119	161	33

Note: Two points for a win, one point for an overtime or shootout loss.

SCORING LEADERS

	G	A	Pt
Crosby, Pgh	23	40	63
Kane, Chi	23	31	54
Tavares, NYI	20	31	51
Getzlaf, Ana	20	28	48
Thornton, SJ	5	43	48
Kunitz, Pgh	23	24	47
Sharp, Chi	25	21	46
Backstrom, Wash	10	36	46

Not including last night's games

NFL PLAYOFFS

WILD CARD WEEKEND

Sunday's results
AFC — San Diego 27 Cincinnati 10
NFC — San Francisco 23 Green Bay 20
Saturday's results
AFC — Indianapolis 45 Kansas City 44
NFC — New Orleans 26 Philadelphia 24

DIVISIONAL PLAYOFFS

Saturday's games — All Times Eastern
NFC — New Orleans at Seattle, 4:35 p.m.
AFC — Indianapolis at New England, 8:15 p.m.
Sunday's games
NFC — San Francisco at Carolina, 1:05 p.m.
AFC — San Diego at Denver, 4:40 p.m.

NBA

EASTERN CONFERENCE

	W	L	Pct	GB
d-Indiana	28	6	.824	—
d-Miami	27	8	.771	1½
Atlanta	18	17	.514	10½
d-Toronto	16	17	.485	11½
Washington	15	17	.469	12
Chicago	15	18	.455	12½
Charlotte	15	21	.417	14
Detroit	14	21	.400	14½
Brooklyn	13	21	.382	15
Boston	13	22	.371	15½
New York	12	22	.353	16
Cleveland	12	23	.343	16½
Philadelphia	12	23	.343	16½
Orlando	10	24	.294	18
Milwaukee	7	27	.206	21

WESTERN CONFERENCE

	W	L	Pct	GB
d-Oklahoma City	27	8	.771	—
d-San Antonio	27	8	.771	—
Portland	26	8	.765	½
d-Golden State	24	13	.649	4
L.A. Clippers	24	13	.649	4
Houston	22	13	.629	5
Phoenix	20	13	.606	6
Dallas	20	15	.571	7
Denver	17	17	.500	9½
Minnesota	17	17	.500	9½
New Orleans	15	18	.455	11
Memphis	15	19	.441	11½
L.A. Lakers	14	21	.400	13
Utah	12	25	.324	16
Sacramento	10	22	.313	15½

Tuesday's results
Chicago 92 Phoenix 87
Cleveland 111 Philadelphia 93
Dallas 110 L.A. Lakers 97
Denver 129 Boston 98
Golden State 101 Milwaukee 80
Indiana 86 Toronto 79
Miami 107 New Orleans 88
New York 89 Detroit 85
San Antonio 110 Memphis 108 (OT)
Utah 112 Oklahoma City 101
Washington 97 Charlotte 83
Portland at Sacramento
Wednesday's games — All Times Eastern
Detroit at Toronto, 7 p.m.
Dallas at San Antonio, 7 p.m.
Golden State at Brooklyn, 7:30 p.m.
Indiana at Atlanta, 7:30 p.m.
Washington at New Orleans, 8 p.m.
L.A. Lakers at Houston, 8 p.m.
Phoenix at Minnesota, 9:30 p.m.
Orlando at Portland, 10 p.m.
Boston at L.A. Clippers, 10:30 p.m.

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mazda

Santa Fe takes on a snowstorm

Review. A 300-plus kilometre night-time trek in treacherous weather reveals the Hyundai model's winter prowess

JUSTIN PRITCHARD
drive@metronews.ca

PHOTO: TORSTAR NEWS SERVICE

2014 Hyundai Santa Fe

- **Type.** Four-door, front-wheel-drive compact wagon
- **Engines (hp).** 2-litre four cylinder, turbocharged and direct injected (264)
- **Transmissions.** 6-speed automatic
- **Base price (incl. destination).** $26,599

Tires

All wheel drive, ABS brakes and electronic stability control DO NOT make traction. The only way to increase the physical grip between a vehicle and a slippery road is with proper tires. Electronic aids or not, riding all-season tires in conditions like these would result in poor directional stability.

Xenon lights

My only complaint: xenon lights are typically great in a snowstorm. The ones in the Santa Fe were adequate, not mind-blowing. In clear conditions, they're more than adequate. For some reason, the light output diminishes notably when there's even a small amount of snow or ice on the lenses — and there's no washer system.

Mother Nature was all crabby-pants during my recent December test of the latest Hyundai Santa Fe, so she dumped about two feet of snow all over my hometown, then made the mercury plummet like Miley Cyrus's artistic standards.

Temperatures landed somewhere around 30 below, which is (delightfully) too cold for road salt to work. Prior to this, there was snow. Lots of snow. The second big, "all-night-long" dumping of the season. It left over a foot on the ground.

Naturally, I did what I always do when there's an all-night-long dumping of snow up here in Sudbury, Ont. I grabbed some buddies, some large double-doubles, and drove repeatedly around every unplowed back road I could find.

A few nights after this, I travelled 300 kilometres down Highway 69 after dark. That distance was spread evenly between extreme cold over frozen hard-packed ice-stripes and then slightly warmer temperatures accompanied by zero-visibility, blowing snow, and deep powder. A few noteworthy points about the wintertime driving experience of the tested 2013 Santa Fe 2.0T Limited AWD came to light in the process.

Proper ESC Calibration

In many winter situations, wheelspin is a good thing– and most of the time, the ESC in the Santa Fe allows enough of it. Wheelspin allows snow to be flung from the treads for better contact with the ground beneath the tires — so when you give Santa Fe the boots coming out of a parking lot and onto a busy street, it lets the wheels spin a little faster than they can grip to ensure you get moving quickly. In real life, this is more favorable than overly aggressive ESC systems that numb the throttle at any sign of wheelspin, cross their arms, report your activities to the fun police, and leave you throttleless in front of traffic. Ultimately, you'll feel like you're calling the shots, not the vehicle — and that's a good thing.

Hill Start Assist

Stop on a hill, and Santa Fe freezes the pressure in the brake lines for a few seconds while your foot moves from the brakes to the gas. This prevents rollback, makes life easier for the transmission, and also makes it far more likely that you'll get moving again after being stopped on an icy incline. After all, nothing's more embarrassing than holding up traffic while you spin all four tires and slide backwards like a sucker. The tester wore Hankook Winter I-Cept Evo tires in its 19-inch OEM size. I found them a nicely balanced all-round winter performance tire. They're perhaps slightly more slippery during hard braking and acceleration than a Michelin X-Ice or Pirelli Sottozero, but they are remarkably stable in a straight line and while steering.

AWD Done Right

Santa Fe's AWD system is clever and well set up for driving in nasty winter weather. The AWD system uses inputs from numerous sensors to pre-engage 4-wheel power in many situations when accelerating from a stop. Even with extremely light throttle in deep snow, it'll often power all four wheels from a stand still — preemptively increasing traction instead of letting the front wheels slip before engaging the rear ones. Otherwise, when the system brings the rear wheels online for propulsion, they engage quickly–within about 2 or 3 revolutions of the front wheels, and get a good share of engine power. This AWD system isn't shy about calling the rear wheels into play, and when all four tires spin, power is split actively to maximize extraction of available traction. There's even a 'lock' setting to pre-set the system into a 50/50 power split, though I never needed to use it. No issues with needless tire spinning or harshness during shifting power between the front and rear. In virtually any situation, this setup feels like it knows what it's doing.

Finally

After arriving at my destination, there was approximately 147 pounds of salty brown filthy road-guck frozen to the underside of the Santa Fe's front doors. Thankfully, those front doors actually cover the structural rocker panel where this frozen mess typically accumulates on most rides. Open the door, and the mess goes with it, revealing a clean-as-a-whistle surface to step over and keeping your pants clean.

Limited time 2.9% semi-monthly lease offered through Toyota Financial Services on approved credit to qualified retail customers on all new 2014 Corolla models. First semi-monthly payment due at lease inception and next semi-monthly payment due approximately 15 days later and semi-monthly thereafter throughout the term. Toyota Financial Services will waive the final semi-monthly payment. Semi-monthly lease offers not open to employees of Toyota Canada, Toyota Financial Services or TMMC/TMMC Vehicle Purchase Plan. Some conditions apply. See www.toyota.ca or your Toyota dealer for complete details. Example (applies across Canada except Quebec): 2014 Corolla CE 6M with a vehicle price of $17,515 (including $1,520 freight/PDI) leased at 2.9% over 60 months with $1,495 down payment equals 120 semi-monthly payments of $89 with a cost of borrowing of $1,672.60 and a total obligation of $12,327.40. $0 security deposit and first semi-monthly payment due at lease inception. Price and total obligation exclude license, insurance, registration, fees and taxes. 100,000 km allowance for 60 months, with ability to purchase additional kilometres at $0.05/km at time of lease inception, and a charge of $0.07/km for excess kilometres. Dealer may lease for less.

Automakers cosy up to electronics industry

Consumer Electronic Show. Car companies turn out in force to showcase such things as laser high-beam headlights and the solar panel roof

AUTO PILOT
Mike Goetz
drive@metronews.ca

Similar to a magnifying glass, the Ford C-MAX Solar Energi Concept's "concentrator" solar panel roof also has a patent-pending system that tracks the sun as it moves from east to west. COURTESY FORD

The low beam headlights on the Audi Sport Quattro are LED technology. The high beams are lasers. COURTESY AUDI

Billed as the world's largest technology trade show, the Consumer Electronic Show (CES) in Las Vegas is eagerly anticipated by the geeky gadget crowd, and pointedly ignored by folks at the other end of the spectrum, who think the world went to crap around 1980, when computers and microchips first arrived in force and started taking over our souls.

The automakers have become very interested of late in CES, and this year's show happening right now has a record nine automakers participating.

Their presence seems not so much as an opportunity to show off their new tech stuff — which they do all the time at auto shows — but more as a way to integrate themselves into the Silicon Valley culture and leverage the exciting technology coming forth from the consumer electronics industry.

Automakers increasingly need to be in that faster-moving milieu. Product cycles in the auto industry are five years or longer. The consumer electronic industry works a bit faster, yes?

And technology seems to be a more collaborative endeavour than it's ever been: witness the announcement at CES that Audi, GM, Google, Honda, Hyundai and NVIDA have joined together to form the Open Automotive Alliance (OAA) to bring the Android platform to cars.

"The worlds of consumer and automotive technologies have never been more closely aligned, and this alliance will only pave the way for faster innovation," said Ricky Hudi, head of electrics and electronics development at Audi AG.

Audi is displaying its Sport Quattro concept car at CES. The hybrid sports coupe is brimming with technology, but I'm focused on its laser high-beam headlights. Yes, lasers. Apparently, the high beams have a range of 500 metres — roughly twice the distance of regular high beams. Lasers are also very energy efficient. Their primary downsides are cost and an intolerance of heat. In the future those draw backs should be overcome, and experts predict they will peacefully coexist with LED lights, which still have a lot of love to give.

Hyundai announced its new Genesis sedan would be integrated with the amazing Google Glass. Drivers won't be able to use the futuristic glasses while driving, but integrated software will let drivers do all sorts of "pre-drive" functions with them, such as remote start, navigation and music settings.

Ford's major CES display is the Ford C-MAX Solar Energi Concept. Like all C-Max plug-in hybrids, this concept can be charged by its on-board charger running off the gasoline engine and by plugging it into the grid. The concept goes one step further, with a solar panel roof that provides the same electricity as a four-hour plug-in session, although it would need a full day's worth of daylight to make it happen.

Similar to a magnifying glass, the Concept's "concentrator" solar panel roof also has a patent-pending system that tracks the sun as it moves from east to west.

The concept is a collaborative project between Ford, SunPower Corp. and the Georgia Institute of Technology. The institute will begin to test the vehicle in real-world scenarios for its feasibility as a production car. Such a vehicle would be particularly awesome in places where the electrical grid sucks or just doesn't exist.

Experts trying to give vehicles their voice

Automotive communication. Researchers are figuring out the best way for your car to talk to you

JIL MCINTOSH
Drive@metronews.ca

To note

- **Warnings aren't the only issue.** Researchers also look at incentives such as fuel economy gauges, to be sure they aren't too distracting.
- **With and without.** In addition to seeing how subjects react to feedback, researchers also look at how they drive when it's taken away afterwards, to see how effective it is.
- **Admissions.** Test subjects are more likely to admit they do something, such as texting while driving, if they think other people are okay with it, but are less likely to admit anti-social behaviours such as impaired driving.

What does your vehicle communicate to you and how do you respond to it? JIL MCINTOSH/METRO

Although it can't carry on a conversation, your car communicates with you. Depending on how it's equipped, this can be anything from a warning when your seat belt isn't fastened, to chimes and lights if there's a vehicle alongside when you're trying to change lanes.

But those warning signals aren't randomly selected: "It requires significant testing and development," says Birsen Donmez, an assistant professor of industrial engineering at the University of Toronto, who is working on a safety feedback program for Toyota. "Not everyone might react the same way to the same type of feedback, and the issue is to understand how to personalize these systems, because humans are so variable."

While Donmez isn't designing the actual systems, she's researching how drivers react to the feedback they're getting, and what types are most effective for the maximum number of drivers. The system must be effective enough to get the driver's attention, but can't be so distracting that it diverts all of the driver's focus, and he or she ends up hitting the object that initially triggered the warning.

Factors that go into feedback design include what sets off a warning, such as speeding or wandering out of the lane; when the warning goes off; if it's visual or makes a sound, or both; how long it's on, and what information it provides to the driver.

Researchers use a variety of methods for testing, including focus groups, questionnaires to assess the risks that drivers might take, and driving simulators. For some projects, the test subjects drive in real-world conditions.

In one analysis, Donmez worked with Transport Canada to monitor a group of drivers and their reaction to vehicle feedback when they were speeding or following too close to the vehicle in front. Not only did this provide information on the feedback, but it also let the researchers determine which drivers reacted most strongly to it, which could allow engineers to design systems that deliver the greatest assistance.

With so many individual drivers though, the system has to be geared toward providing benefit for a maximum number of people. "We go for the average, rather than each individual driver, unless it poses a danger for some drivers," Donmez says.

"At the worst case, you don't see a benefit (for every driver), but you don't see a decline in performance. You don't want to endanger anyone with the system."

Horoscopes

♈ Aries
March 21 - April 20
This is one of those days when you would rather be anywhere than where you are supposed to be. If you can find a legit way out of the situation then go for it. But if you fail to turn up, you could create a powerful enemy.

♉ Taurus
April 21 - May 21
Honest effort gets results, so keep plugging away at what you are working on and don't get dispirited if results are slow. Nothing you do is wasted and one day soon you will make that breakthrough you long for.

♊ Gemini
May 22 - June 21
It may appear as if someone is being deliberately obstructive, but you should ask yourself if there was something you said or did that could have turned them against you. If so, it's not too late to say sorry.

♋ Cancer
June 22 - July 23
Why are you pessimistic about your prospects? You may not have gotten everything you wanted recently but there is always tomorrow. You'll feel positive closer to the weekend.

♌ Leo
July 24 - Aug. 23
No matter how unsettling the changes that are taking place may be, keep telling yourself that in the long-term they will work in your favour. Your life story is unfolding as it should.

♍ Virgo
Aug. 24 - Sept. 23
Do something today that livens things up both at home and at work. Some may think you lost your senses but they are just the sort of people who have been dragging you down.

♎ Libra
Sept. 24 - Oct. 23
This is an important time for you and you will be making major changes to your lifestyle. The full moon on the 16th will clear away obstacles. Between now and then, plan big.

♏ Scorpio
Oct. 24 - Nov. 22
It seems you have made an error of judgment and all you can do is say sorry. If you sound sincere, others will forgive you and you can move on. But if your apology is grudging, bad feelings are likely to linger.

♐ Sagittarius
Nov. 23 - Dec. 21
Most times your hunches are spot on but the planets warn your instincts are not to be trusted today, so take care. This is one of those occasions when you must stick to facts.

♑ Capricorn
Dec. 22 - Jan. 20
Your relationship with authority may not be as good as it should be today, so watch what you say and be ready to back off if a conversation gets heated. You'll be the loser if it gets ugly.

♒ Aquarius
Jan. 21 - Feb. 19
You may think someone is keeping something from you, but don't let it worry you. It's unlikely to be bad news and it's even possible they are planning some kind of surprise.

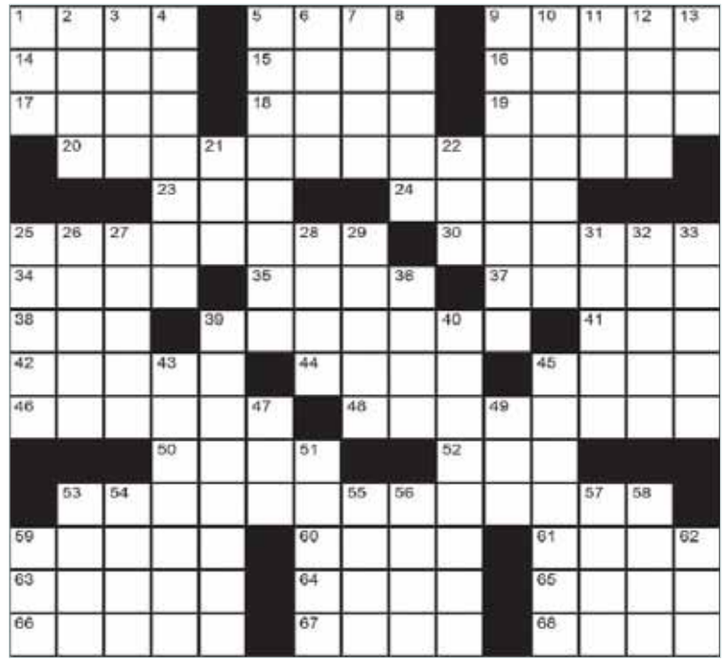
♓ Pisces
Feb. 20 - March 20
You must let a certain person know that you have no intention of allowing them to get rich at your expense. Today's Mars-Jupiter link will bring tensions to a head — say what's on your mind.

SALLY BROMPTON

Crossword: Canada Across and Down

See today's answers at metronews.ca/answers.

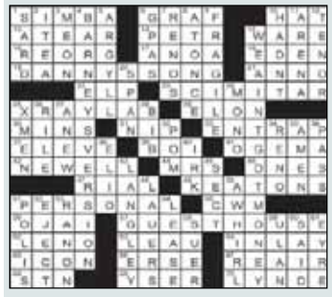
BY KELLY ANN BUCHANAN



Across
1. Country legend Johnny
5. Interlock
9. __ Canada (Pest control company)
14. Vicinity
15. __ sax
16. Husky
17. Canadian actor Raymond
18. T.Rex's style
19. Some ducks
20. The ancient Ichthyosaur, for one: 2 wds.
23. Bear: Spanish
24. Rug sort
25. Ski resort transports
30. The __ Works ('80s band)
34. Lennon's in-laws
35. "...see __ __ believe..."
37. Comedy's Mr. Anderson
38. Orchestra __
39. Old Montreal horse-drawn carriage
41. TV show taper
42. Mo of CBS' "Sunday Morning"
44. "I could __ _ horse!"
45. Gladiator's 1502
46. Waiting to be connected: 2 wds.
48. Alberta community near the Saskatchewan border
50. Mister Ed's hair
52. Slangy put down
53. "Moonstruck" (1987) Canadian director: 2 wds.
59. Hawaiian island
60. Makeover show, "__ on a Dime"
61. Type of mineral
63. "It's _ __ from God!"
64. Ended
65. __ In Canada
66. Quebec 'cup'
67. Jewel's "You __ Meant for Me"
68. Bread spread

Down
1. Fare vehicle
2. Lily kind
3. Evening, in Italy
4. England: London department store
5. Julia in her 1989 'Steel' movie
6. Fashion magazine
7. Celestial body
8. Abodes
9. Barrier
10. Member of Canadian quartet The Tenors, Mr. Pereira
11. Ship part
12. "The Safety Dance" bit: "...can dance __ __ want to..."
13. Albany is its cap.
21. Prefix to 'thermal'
22. Fraternity letter
25. Give up amateur status: 2 wds.
26. Blooming __
(Starter menu item)
27. Top-__ (The best)
28. The Jetty __ __ Havre (Claude Monet painting)
29. Choo-choo-ing stuff
31. Blue Rodeo singer Jim
32. Bon Jovi's "__' on a Prayer"
33. "__, Indiana" (Early-'90s TV series)
36. Prefix to 'gon' (Eight-sided shape)
39. Medicine Cabinet: __ lotion
40. Canadian store HH = Home __
43. Canadian fashion label since 1983
45. "Cityline" 3 Chefs member, Mr. Capra
47. Scientific ID
49. Nintendo game console
51. Fund
53. Rocket org.
54. Nons opposites
55. Bee Gees' "__ Talkin'"
56. Rarely, hardly __
57. __ agreement
58. Connecting point
59. Nightspot in Broadway musical Cabaret, Kit __ Klub
62. New

Yesterday's Crossword



Sudoku

How to play
Fill in the grid, so that every row, every column and every 3x3 box contains the digits 1-9. There is no math involved.

		9				5		
				3		6		2
5			4	9			3	
			6					1
		2	3		1	8		
3					7			
	2			4	5			6
6		8		1				
		1				7		

Yesterday's Sudoku

2	5	8	6	1	3	7	4	9
9	1	6	4	8	7	3	2	5
7	3	4	9	2	5	1	6	8
8	6	5	2	3	9	4	7	1
4	9	3	5	7	1	6	8	2
1	2	7	8	6	4	9	5	3
5	4	1	7	9	8	2	3	6
6	7	9	3	5	2	8	1	4
3	8	2	1	4	6	5	9	7

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